

RASMUSEN LIBRARY
UNIVERSITY OF ALASKA-FAIRBANKS

Whalesong

* To tattoo or not to...p. 8-9
* Opposition to drinking law...p. 3
* \$20,000 kiln still planned...p. 4
* Stress tips...p. 5
* Snowshoeing: A how-to guide...p. 15

Volume 17, Issue 8

University of Alaska Southeast, Juneau Campus

February 29, 1996

Student leaders express their finance concerns to UA House Subcommittee



UAS Student Body President Shawn Paul (seated at far left) was among many student leaders who spoke before the House Subcommittee on the University of Alaska.

By Dave Kiel
Whalesong Reporter

The House Committee on the University of Alaska recently heard two hours of testimony from statewide stu-

dent leaders. The majority of student speakers represented rural schools and all spoke in support of continuing financial aid to their institutions.

Reps. Kim Elton (D-Juneau), Con Bunde (R-Anchorage), Jeanette James (R-North Pole), and John Davies (D-

Fairbanks), listened on Friday, Feb. 16, as 12 students representing campuses from across the state spoke unanimously in support of maintaining, or increasing, current university funding levels.

UAS Student Body President
See Finance page #3

Portfolio process may soon be reality for all degree-seeking UAS students

Assessment mandate is forcing administration to re-evaluate program requirements

By Tim Betz
Whalesong Reporter

Most of the degree programs currently offered at UAS only require students to accumulate the necessary credit hours compulsory for a degree.

However, students who desire a Bachelor of Liberal Arts degree or who enter the education program are additionally haunted by the requirement to submit a portfolio of written material, which must be no less than 20 pages and consist of papers in

at least four different academic fields.

Administrators and faculty are now working on a plan that implements a similar portfolio requirement to all degree programs offered at UAS, establishing a university-wide portfolio requirement.

The portfolio requirement represents one aspect of UAS' attempt to assess and formally document student "outcome."

According to Art Petersen, portfolio panel chairperson and English department faculty member, the portfolio requirement resulted from a mandate by the Northwest Association of Accreditation for UAS to develop a system that identifies and measures levels of student competency.



Whalesong file photo
Dr. Art Petersen, chairperson of the UAS portfolio panel.

The portfolio requirement provides a holistic approach to the measurement of many competency items currently identified by UAS' assessment committee.

See Portfolio page #11

Academic Restructuring Committee ponders major changes for the university

UAS' current three-school system may soon become one in order to reduce costs and streamline the administration

By Larry Hurlock
Whalesong Reporter

Change is going to occur in the way academic business is conducted at UAS. The current three-school system may be replaced with a single school, with one dean for the whole campus. The reason? The university has been ordered to change its academic structure to save money and increase productivity.

Currently UAS is a "three-school system", comprised of the School of Education, Liberal Arts and Science, the School of Business and Public Administration, and the School of Continuing Education.

The deans of each school report directly to Chancellor Marshall Lind. The university is responsible for supporting all three deans, as well as their administrative staff.

The move towards a change began in 1994, when the Board of Regents voted for two mandates which must be fulfilled by the end of FY98.

The proposals could affect UAS enormously. The first was designed to create "a new academic management structure for UAS, with a resultant reduction of \$120,000." The second was to increase productivity at the campus by 15 percent.

Chancellor Marshall Lind, the person responsible for these changes, has sought the advice of an ad hoc group of administrative and faculty members called the Academic Restructuring Committee.

According to committee facilitator Elizabeth Schelle, three administrative models were considered: one school, two school, and the present three-school system. "At issue is how the faculty relate to the administration and vice versa," said Schelle.

While nothing in Chancellor Lind's "Charge to Committee" document said that the overall model should change, many faculty on campus are known to be very much in favor of a single dean for the entire campus, with powerful department chairpersons.

At universities with powerful department chairpersons, the chairperson plays the lead role in new faculty hire. He or she is also the person of first appeal for student complaints about faculty. Other chairperson responsibilities typically include scheduling and the on-going evaluation of staff.

Committee member Rita Dursi Johnson said the present system at UAS works well - changes are driven by budget constraints. She emphasized this way, "nothing is broken."

However, one efficiency from restructuring the committee hopes to gain is less time spent in faculty meetings. Johnson mentioned more faculty time spent with students as a target outcome.

Although to date the committee's recommendation is clothed in secrecy, students may become involved after release of the draft report in early March.

See Restructure, Page #3

ALASKA
PER
LH
1
1154
1042
V. 17 no. 8
1996

Why do elementary/secondary school teachers deserve more than the rest of us?

By Annette Nelson-Wright
Whalesong Columnist

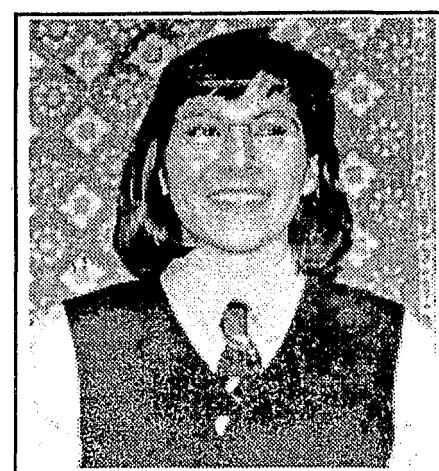
While back, (Jan. 28 to be exact), John P. Norton addressed the topic of equitable compensation for teachers in the "My Turn" section of the Juneau Empire. Norton said, "Depending on who you talk to, the normal work day for an educator varies from 8.5 to 10 hours per day." Just like the rest of us.

When I was an administrative assistant, I would work more than eight hours during field seasons, often taking my work home. My boss worked on average 12 to 15 hours a day, not including the work he

funded, none of us were compensated for overtime. But you know what? We did it because the work had to get done and if we sat around and whined, it wouldn't. Many professionals regularly work 10 to 12 hour days. I don't understand why this becomes a bigger deal if you're a teacher.

Norton also said, "Our entry level educator in Juneau makes \$16.06 per hour after spending four years in college, losing some income during those years of college, and paying as much as \$40,000 in tuition and fees...while repaying their college debts their real wage will be about \$13/hr."

I still don't understand how that is different for the rest



Opinion
Annette Nelson-Wright

hour looks pretty good. Consider this: In order to be able to teach at UAS, you MUST have at least a master's, or the equivalent, and your starting salary could be as low as \$23,000 a year.

Using Norton's formula, you would then be repaying as much as \$60,000 in debt, but making substantially less. I don't, however, hear any of the instructors at UAS complaining. A researcher at another UA university had a master's and several years of experience, and he started out at \$14.00 an hour. He didn't complain. In fact, he considered himself lucky that there was actually an institution that would pay him to do something he loved to do.

Teachers are a very valuable resource, don't get me wrong. There are those teachers who make a difference in a young person's life, who go above and beyond to change a young person's world. I believe the teachers who make a difference are those who truly enjoy being teachers. They love the kids, look forward to school starting, and really enjoy the profession of educating.

These are the teachers who would teach if they made \$6.50 an hour. They know they'll spend time after school grading papers, writing tests and other tasks. They teach because they love it. It comes naturally to them, from within. Why don't we hear from these professionals? I know they exist because some just like them taught me as a young person.

Negotiations are breaking down. The teachers want more money and the school district is saying we don't have any more. According to a recent article in the Juneau

See Teachers page #12

1996 is looking like a banner year for students

Two recent decisions - fair tuition increases and improvements to the student loan program - mark one of the best months yet for UAS

By Shawn Paul
For the Whalesong

From a student perspective, this is one the best months in the history of this university. On Feb. 16, the Board of Regents listened to our concerns about eight consecutive tuition increases and responded with possibly the most fair tuition decision in a decade. Additionally, on Feb. 23, the Alaska State Senate acted to save the Alaska Student Loan Program (ASLP) by passing SB123 by a vote of 20-0. The House of Representatives passed the same bill 34-1 on Feb. 26.

Students have other issues to negotiate, but for now, 1996 is looking like a banner year.

The Coalition of Student Leaders asked for a tuition freeze and honestly, we almost got it. After last year's increase, we felt that students were paying their fair share and deserved a reprieve. The vote was close, but in the end the administration's argument that a probable decrease in legislative funding was eminent, carried more weight than student pleas. This is not to say that President Jerome Komisar got the increase he asked for.

The majority of the regents seemed to feel an increase, if any, should impact students as lightly as possible. The final decision, to which only Regent Henri objected, showed a greater level of concern for students than we've seen in quite some time. We may not have received what we asked for, but we certainly came away with a smaller increase than we dreamed of and quite possibly a better deal than we deserved.

Tuition debates, like labor negotiations, don't have to be adversarial. They just end up that way. It's hard to convince students their voice has been heard when tuition has increased as dramatically as ours has the last several years. Furthermore, the timing was poor. For six months the students' message of a freeze has been constant.

During this time period we asked regents and administrators what they intended to do and were consistently told "there is no support for a tuition increase."

Five days before the board meeting President Komisar recommended a hefty increase and militarized the student leaders over night. This is unfortunate and I would like to apologize for any ill-will I may have spread.

The Coalition has built a positive working relationship with the administration and Board of Regents and we intend to maintain it. We may never completely agree on tuition though.

Tuition is certainly not our only concern. The future of the ASLP has been a primary objective. Several legislators have championed our cause and now we await the support of Governor Knowles.

Senator Green, Representative Bunde and Regent Forrer have been especially helpful in keeping the coalition informed about the needs for reform and the nature of the various concerns. I believe the compromise bill is the best possible legislation that we could hope for and when signed, will ensure the viability of one of the most important programs in Alaska.

Students may not agree with all of the legislation that effects them but on this issue we have seen unprecedented unity of and support from UA student leaders. This may be the first of many issues where regional and political differences were put aside for the good of all campuses.

While many challenges remain for proponents of quality education in Alaska, we should be thankful that the voice of the students is being heard by the state's leadership. We must continue to use this opportunity to ensure that all Alaskans have access to quality higher education. In the coming months student leaders will fight for maintaining the current level of funding for the university, housing and related needs on several campuses, fair land grants from the state and federal governments and several other important concerns. Stay informed, stay involved and stay focused on Alaska's future.

Students worse off from 21-and-up drinking law

By Joe Roche
The Minnesota Daily

MINNEAPOLIS—I hate not being able to take my friend Emily into a bar for a beer. She is pre-med and involved in University activities, but she isn't 21 years old. Our righteous lawmakers say she isn't mature or responsible enough to drink. So when I go into one of our many local establishments near campus, I am restricted to the company of people 21 and older who are supposedly, by law, mature and responsible.

Emily is taking this insult with disciplined patience, however. This comes from having served in the U.S. Army. While going through the Army's basic training at Fort Leonardwood, Mo., she was taught to fire an M-16 rifle, an M-60 machine gun, a rocket launcher, a grenade launcher and many other skills she may need whenever our nation calls.

Along with her military training, she has joined every other person over the age of 18 in voting for our nation's leaders. Yet, she is, by law, not mature enough to drink.

The purpose of a 21-and-up drinking law is to protect people from abusing alcohol and to keep a lid on the reckless activity associated with young people. People of the older generations - the typical lawmakers - generally think the younger people are, the less able they are to control their actions.

The law has a negative effect on students. It makes drinking seem like a really exciting thing to do. You aren't cool, it seems, until you can prove you can drink like the older crowd. After all, doesn't everyone in this age group want to be older than they are?

So, as a result, many minors drink in their homes or in places where there is no accountability or supervision. Then, the only purpose of drinking is to get drunk. And the temptations to overdo it by power drinking are strong. Responsible people aren't going to be around such situations because

changed the drinking age to 21. The effect has messed up Georgetown so much that I would no longer recommend visiting there.

Georgetown students stopped going to the Georgetown bars because most of them weren't old enough. This once-productive and thriving area was replaced with a community ridden with crime and drugs. Now, Georgetown students are afraid to leave campus, and the Georgetown bar scene is a rip-off for tourists.

Luckily, there is not the same level of criminal activity in the Twin Cities,

It is ironic that the society that restricts people under 21 from drinking allows those same supposedly immature citizens to vote and serve in the military right after high school.

cause it is, after all, illegal.

Several students I know who aren't old enough to drink overdo it all the time and don't know when to stop. This would happen a lot less if they were able to join the rest of the students for some social drinking when they felt like getting out.

The drinking law also affects society as a whole. I remember the first time I went to the famous Georgetown bars in Washington, D.C.

It was great. There were college students everywhere and the scene was fun and safe. Then Washington

So communities like Stadium Village or Dinkytown haven't been taken over by non-University troublemakers.

I am not saying that all of the problems mentioned would be erased if we all could drink in the bars, but at least the bars offer a positive scene. They are controlled settings in which money has to be paid for each drink. A sense of responsibility is enforced upon everyone. In this situation, the purpose of drinking becomes a social one, not an abusive one.

In a bar, your fellow students will notice when you get out of control.

This often means that someone will step in and prevent you from doing something stupid or getting hurt. Furthermore, people will point out to you how stupid you were to get so drunk. In private settings, where is this pressure? It doesn't exist.

Frankly, I believe there is a lot of merit in having a beer every now and then. As students, we face a lot of pressures and a lot of stress. Relaxing in a bar with friends is an important and useful way to unwind, get some pent-up energy out of your system and let loose enough so that the next day you can rededicate yourself to studying.

The truth is, minors are going to find ways to get alcohol regardless of the age laws; the law forces them to drink for the wrong reasons and in the wrong places.

As a community of college students, it is also ridiculous to think that putting this law right down the middle of our community is going to help. All it does is break us apart, and leave the underage group alienated.

It is ironic that the society that restricts people under 21 from drinking allows those same supposedly immature citizens to vote and serve in the military right after high school. As Emily says, "If I am old enough to vote and die for my country, I am old enough to drink a beer."

I'll not only drink to that, I'm buying Emily her next one.

Finance from page #1...

dent Shawn Paul said that he understood the current budget situation, and was not there to ask for pet projects for UAS, but he did ask for legislative support for Senate Bill 123.

Senate Bill 123 raises the amount that a full-time undergraduate student may borrow in one school year from \$5,500 to \$8,500. The borrowing power of graduate students would be raised from \$6,500 to \$9,500.

The bill is not without teeth, however. Currently, students are required to begin repaying their loan one year after they leave school. SB 123 would change that to six months.

Paul also said that any reductions in funding for the university-wide operating budget would be disastrous for UAS. "When you cut five to seven percent from the operating budget, they can't just remove a few chairs here and shuffle classes around," he said. "They have to look at cutting programs, and UAS can't afford to lose any more programs."

Of the 12 students who spoke, eight represented rural campuses, and they were united in their support of continuing current funding levels for the smaller schools. Overcrowding was cited by student leaders from Bethel and Homer, and other rural school representatives said that their schools were either close to, or beyond that point.

Rep. James spoke in support of rural campuses, but said that in the future, the most cost-effective method of teaching in remote locations may be through distance-delivery programs. "If we had to develop new rural campuses now, we couldn't," she said. "We are just now coming of age in distance-delivery technology. That is probably the best way to provide educational opportunities to remote campuses across the state."

Distance-delivery learning is conducted through a combination of teleconferencing, video and audio instruction, and e-mail technology.

Students Dave Hike from Sunitna, and Lauren Carlton

from Homer, both requested money for campus expansions. Carlton stated that the Homer campus, with 600 registered students, has the highest student-to-general population ratio in the state. She requested \$750,000 in capital improvement monies for site planning, and construction of a temporary modular structure to relieve current overcrowding.

Carlton's comment was met with a respectful, but stony silence. Rep. Bunde commented that, while he feels it is a constitutional mandate that we provide educational opportunities, he felt that rural campuses might not be the right answer. "Small campuses can't be all things to all people," he said. "When you want to specialize (in your education), you need to transfer to a larger campus."

Subcommittee chairman Terry Martin, R-Anchorage, made an appearance after being detained in a Supplemental Appropriations hearing. He commented on the high cost of educating rural students. "At what point does it

"Small campuses can't be all things to all people. When you want to specialize (in your education), you need to transfer to a larger campus."
-Rep. Con Bunde, R-Anchorage

make financial sense to encourage a rural student to attend a larger campus?"

Paul also asked for clarification on House Bill 309. He said it seemed like it had the potential to save the university a lot of money. Rep. Elton said

that was correct. Selling bonds through the Alaska Housing Finance Corporation at three percent less than the standard bond indebtedness would save the state 1.4 million dollars over the life of the bonds.

Restructuring from page #1...

There will be a one-month comment period after which the report, in possibly amended form, will be forwarded to the Faculty Senate and chancellor. The final decisions are the responsibility of the chancellor. By March 9, the report of the Academic Restructuring Committee will be available to students at the Egan Library.

Students wishing to comment may contact the following Academic Restructuring Committee members:

Jim Goes - School of Business/Public Administration
Rita Dursi Johnson - Library
Eric Leegard - Career Education
Elizabeth Schelle - Student Resources
Priscilla Schulte - Ketchikan
Phil Slattery - Sitka
Sherry Taber - Administration
Jason Ohler - Education
Marjorie Fields - Education
Tom Thornton - Liberal Arts/Sciences



Whalesong

Editor-in-Chief:
Production Manager:
Advertising Manager:
Photo Editor:
Photographer:
Staff Reporters:

Brooke E. Rohweder
Scott Mazzone
Lisa Valetsky
Nathaniel Munson
Stephanie Anderson
Timothy Betz, Leah Bower,
Leetta Gray, Larry Hurlock,
Dave Kiel, Annette Nelson-
Wright, Marcy Lynn Peska
Ryan Barber, Chris Benson,
David Kroeger, Marsha J.
Thomason
Sarah J. Buffington

Volunteer Reporters:

Cartoonist:

Advisor: Kirk McAllister

The University of Alaska Southeast student newspaper, The Whalesong, is a bi-monthly publication with a circulation of 2000 copies per issue. The Whalesong's primary audience is UAS students, although its broader audience includes faculty, staff, and community members. Whalesong will strive to inform and entertain its readers, analyze and provide commentary on the news, and serve as a public forum for the free exchange of ideas. The staff of the Whalesong values freedom of expression and encourages reader response.

The Whalesong editorial staff assumes no responsibility for the content of material written by non-staff members. The views and opinions contained in this paper in no way represent the University of Alaska and reflect only those of the author(s). The editorial staff is solely responsible for content.

The Whalesong: Auke Lake campus, Mourtant 207B
Mailing address: 11120 Glacier Highway • Juneau, AK 99801.
Telephone: 465-6434, Fax 465-6358, email: JYWHALE.



Proposed \$20,000 kiln structure still in the works

Despite some delays, the multi-use shelter is slowly starting to move towards completion

By Dave Kiel
Whalesong Reporter

An outdoor kiln and the 16-by-20-foot multi-use shelter that will cover it are moving towards completion, even if it doesn't look that way.

The \$20,000 project is partly funded by \$10,000 from the United Students of UAS, who voted to allocate the money last fall. That amount was matched by a donation from MAPCO Petroleum during a campus ceremony last September.

During the presentation ceremony, MAPCO Vice-President of External Affairs, Greg Cook, said, "I assure you, this is the beginning of a long term relationship between MAPCO Alaska and the University of Alaska Southeast."

UAS Facilities Director, Bob Greene, expects the project to exceed the \$20,000 figure, and said the Physical Plant expects to chip in an additional \$5,000 to complete the structure, kiln, and surrounding landscaping.

The foundation is currently the only visible evidence at the site, located between the Hendrickson and Soboloff Annex buildings. But looks can be de-

ceiving, according to Greene. "Right now, we're just waiting on the weather," he said. "Because of how cold it's been, a lot of the work is being done indoors."

Greene said that the roof trusses are being fabricated by a local construction company and are not yet complete. The support columns are being fabricated in the Physical Plant carpentry shop, and are being machined down to match the foundation brackets already in place.

"We were waiting for the longest time on the engineering drawings, but the purchase orders have been cut, and most of the materials have been ordered," said Greene. "Once we have all the components ready, the structure should go together fairly quickly."

Greene also said landscaping will be included in the project. "Not just the area around the kiln," said Greene, "But the entire area outside the Hendrickson Building, and between the Soboloff and Hendrickson Annexes, will all be landscaped."

The plans for the structure show a lexan paneled roof, so the shelter should be light and airy - a must for wet and dreary days. The kiln will be used by art students to fire pottery, but the general student population will be able to enjoy the shelter as well.

See Kiln page #12



UAS Ceramics Instructor Fumi Matsumoto (left) removes pottery, with the help of a student, from the current indoor electric kiln.

University influence in legislature discussed at recent Coalition of Student Leaders conference

Threat of another tuition hike a powerful reminder that UA students need to consolidate lobbying efforts

By Tim Betz
Whalesong Reporter

The Coalition of Student Leaders Conference, held Feb. 16-18, provided student leaders from all UA campuses with the opportunity to meet and discuss issues which affect the university. One of the big issues discussed at the meeting concerned university influence in the Alaska State Legislature. A major difference was revealed in the position of the university administration and stu-

coalition will probably continue fighting for the freeze.

Every year, the university administration, as well as students, attempts to voice an opinion in the legislature. During the legislative session, Wendy Redman, vice president for university relations, works as a lobbyist for the university.

During the coalition conference, Redman revealed the fundamental difference between the administrative position and students' position in the legislature: tuition in-

education.

Chancellors, therefore, have problems meeting their budget needs, so the administration has been pushing the Regents for a tuition increase. University of Alaska President, Jerome Komisar, desired a 5 percent increase in tuition beginning in fall of 1996.

Student government expressed satisfaction that the Regents only decided to increase tuition by two percent.

Although both student leaders and administrators desire to protect the University of Alaska's base budget, they disagree as to how that budget should be protected. UAA student body president Walker thinks that tuition increases can never replace funding for the UA from other sources. According to Walker, tuition increases mean a decrease in university accessibility.

UAS student body president Paul said that students are willing to pay their fair share of the cost of higher education, but he thinks that tuition costs have already reached that level.

dents regarding tuition hikes.

While the university administration desires to raise tuition, student leaders have been fighting for a tuition freeze. The Regents will probably consider another tuition increase next spring and the

creases.

According to Redman, the legislature's need to cut the budget will result in a 1 to 5 percent reduction in the overall UA budget. Redman said that the money is not there to fund all the needs of higher

education.

Chancellors, therefore, have problems meeting their budget needs, so the administration has been pushing the Regents for a tuition increase. University of Alaska President, Jerome Komisar, desired a 5 percent increase in tuition beginning in fall of 1996.

Student government expressed satisfaction that the Regents only decided to increase tuition by two percent.

Although both student leaders and administrators desire to protect the University of Alaska's base budget, they disagree as to how that budget should be protected. UAA student body president Walker thinks that tuition increases can never replace funding for the UA from other sources. According to Walker, tuition increases mean a decrease in university accessibility.

UAS student body president Paul said that students are willing to pay their fair share of the cost of higher education, but he thinks that tuition costs have already reached that level.

that the quality of education increases comparably.

Despite the difference between the administration and students regarding tuition increases, both groups support the student loan reform bill and the land grant initiative.

UAA student president Thomas Walker, as well as UAS student president Shawn Paul, feel that the student position will be similar to the administration's position. Redman stated that if too many differences exist between administration and students then, "something is fundamentally wrong."

Currently, two bills are circulating in the legislature that greatly determine UA financing as well as UA accessibility. Senate bill 123 reforms the student loan program and increases the maximum amount a student can borrow from \$5500 to \$8500.

Senate bill 250 is a land grant initiative that authorizes the university to select public domain land and designate that land as "university trust land." Although Walker said some differences exist among representatives within the Anchorage student government concerning some details within these initiatives, he nevertheless thinks that the Anchorage student govern-

ment will support these bills in the coalition.

Paul expressed even stronger support for these bills than Walker, since they both effect UA students in a positive way. Also, Redman indicated administrative support for these bills. She said that SB 123 is her top legislative priority. Redman has lobbied for the University of Alaska for the past 25 years.

Throughout the conference, students were reminded of their power as a lobbying organization. According to Redman, the administration cannot "crush student involvement and ideas."

The Coalition of Student Leaders is designed to consolidate the concerns of all campuses in the UA system. Such an organization gives the students of the University of Alaska more effective lobbying power in the legislature.

Redman offered advice to student leaders regarding effective lobbying. She said that the main problem students have as lobbyists is that they frequently try to start working at high level when a quicker response will take place from a lower level.

Redman also pointed out that when students get together on an issue they are "the best lobbyist for the university, bar none."

Tips for keeping mid-term stress at bay

By Marcy L. Peska
Whalesong Reporter

Stress muscles, insomnia, nausea, irritability, canker and cold sores, stomach aches and headaches can all be symptoms of stress and anxiety. Students are particularly prone to stress during mid-terms and finals, but there are ways to keep that stress under control.

The Home and Office Edition of Webster's II New Revised Dictionary defines stress as, "mental, emotional, or physical tension, strain, or distress." Low levels of stress or strain can increase productivity, but most people find that higher levels of stress lead to physical and emotional discomfort and in extreme cases, may interfere with daily life.

Stress, whether mental or physical, can manifest itself physically, so good physical health is an important factor in keeping stress low.

According to a Student Health Services pamphlet provided by the Student Resource Center, stress can upset the natural balances and rhythms of the body. When a person experiences stress, the "fight or flight" response is stimulated.

Adrenaline is released within the body and may cause an individual to "breathe rapidly and shallowly resulting in hyperventilation, or too slowly resulting in hypoxia. The heart rate may then change due to the breathing/respiration irregularities."

These changes add to the stress level of the body and lead to increased blood pressure, muscle tension, and stomach acidity.

Proper sleep habits help students maintain enough energy to deal with stress when it does occur. Inconsistent sleep schedules, insufficient sleep, too much sleep, and uncomfortable sleeping conditions can all contribute to low

energy and increased stress levels.

Regular exercise also helps to build the energy reserves to deal with stress and for some people may actually serve as a physical outlet during stress. It may not be wise to start a new exercise routine or to overdo it, but even a short walk or a little fresh air can be helpful in stress reduction and prevention.

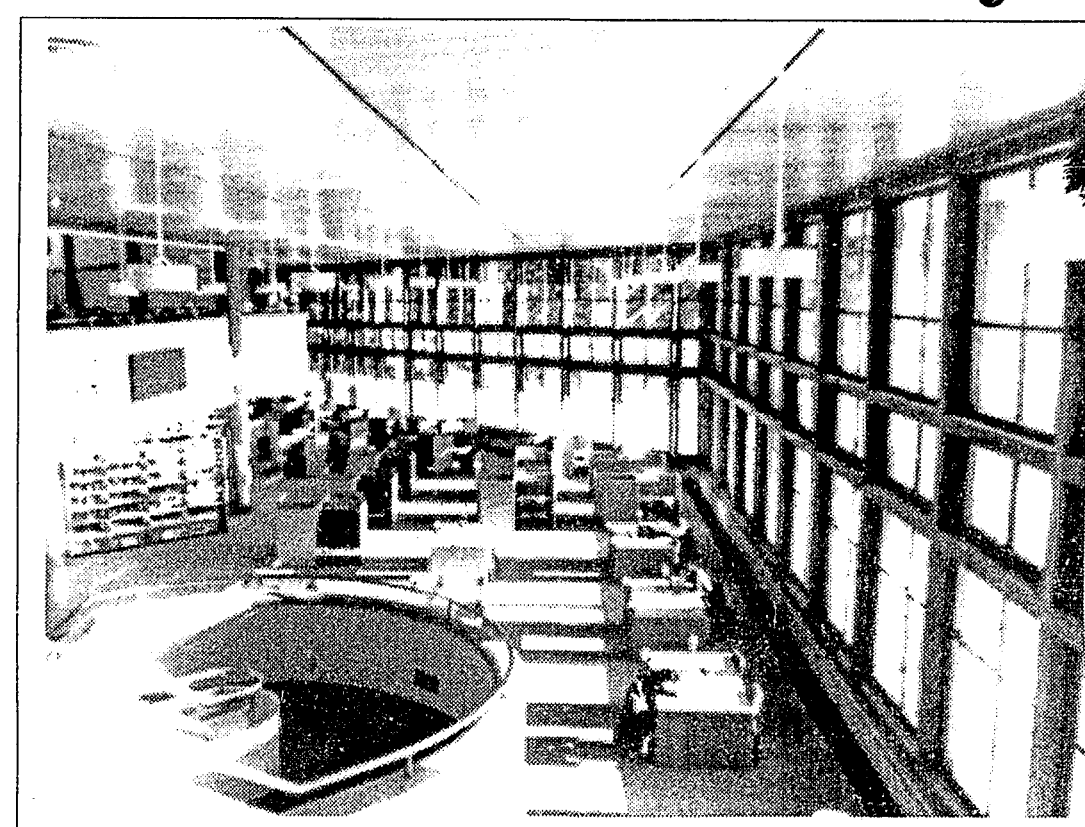
A balanced diet also helps the body to deal with stress. While all of the food groups are essential to good health, the importance of fresh fruits and vegetables is often overlooked in this age of fast-food and microwave meals.

Fruits and vegetables containing ascorbic acid, otherwise known as vitamin C, are especially important. Unlike dogs, cats, and many other animals, humans are unable to produce vitamin C, and so need to ingest it.

Scurvy may seem a thing of the distant past, but people who eat few raw fruits and vegetables on daily basis can suffer the effects of vitamin C deficiency. According to *Which Vitamins Do You Need?* by Martin Ebon, "People who get black-and-blue spots on the skin from just a slight bump may have what is called 'subclinical' scurvy..."

Some students who often suffer from canker and cold sores during times of stress have found that taking a daily supplement of the amino acid Lysine just prior to and during stressful periods can help to prevent these sores.

Many people turn to sugar, caffeine, nicotine, alcohol and other substances to help deal with and alleviate stress. This habit, however, is counterproductive as it upsets the natural chemical balance within the body, thus adding to stress levels and inhibiting the natural ability of the body to deal



Egan Library, pictured here during a peaceful moment, becomes the destination of many frazzled students around finals time.

with stress.

Maintaining good physical health is only part of stress management. It is also essential that students maintain good mental health and a positive attitude. A great way to start this is to prioritize.

Nobody can do everything, even if they never spend any time sleeping and have the energy of a puppy on a walk. Decide what is most important to you.

Is it more important to attend to domestic chores and tasks, spend time with family and friends, finish the project from work, or study for tests? Decide, and stick with it. The student that is agonizing about whether they should have different priorities will probably be experiencing a lot of non-productive stress.

Once you decide which aspect of your life will take precedence over the others, you should adjust your expectations accordingly and move on to the

next step of prioritizing; deciding which classes to expend the most energy and time on.

This will depend on which classes you feel are most important, which you are the most behind in, and which are the most difficult.

The final step in this process of prioritizing is for you to decide whether you are more interested in getting a high grade, or learning the material well (regardless of grade). This may be more important than it sounds, since it will affect study techniques. Of course, at this point, you must ascertain what the grade requirements are to keep any financial aid and/or housing.

In maintaining a healthy and positive attitude it is important to remember to practice positive thinking. This is not a time when you will benefit from putting yourself down, criticizing

See Stress, Page #14

Check your stress level ... give Sumo Wrestling a try!!!

By Marsha J. Thomason
Whalesong Reporter

Looking for a remedy for the mid-term blues? The latest craze in Juneau is Sumo wrestling and it's guaranteed to provide a release for pent-up tension.

This wild sport is being offered at Hoochi's Sports Bar on Tuesday evenings from 9 p.m. to Midnight; for 3 bucks and the right attitude, you can don a padded costume (complete with a helmet fashioned after the classic Sumo hair-do, for those concerned with appearances) and go at it in the ring.

By the time you're done wrestling (even before the signal is given to start) you'll be laughing so hard you will have forgotten your panicked state of mind over our upcoming exams.

It is a whole lotta fun. I am glad my pal Joey coerced me into giving it a try. Do you really think I'd recommend something to my peers I hadn't



Photo courtesy of the author.

tried? C'mon...the only bummer was I didn't win a hat like my opponent, Eve, but I have challenged

Okay, okay, it was just an idea. Relax and good luck on your exams. See ya in the ring!

A University of Maryland professor/neuroscientist takes laughter very seriously

By Kelley Garry
College Press Service

BALTIMORE, Md.—Laugh. Go ahead. Laugh. Can't do it on demand? Why not? And by the way, what exactly is laughter, and when do people laugh? University of Maryland Baltimore County (UMBC) Professor and Neuroscientist Robert Provine has answers to these questions.

For Provine, laughter is no joke: it's a science. He and his students have studied thousands of people's ha-has, hee-hees and ho-hos.

"First we analyze the sounds of laughter," says Provine, whose study of laughter appears in the February issue of "American Scientist." "Everyone laughs the same way: chopping up breath into little fifteenth of a second [blasts], and it reoccurs regularly. Some vowel-like sounds change (example: ha, ha or hee, hee), but it's basically these little pulses of sound."

(So much for that charming, distinctive giggle you were cultivating.)

To conduct his research, Provine ordered his students to hit the streets in search of laughter. Despising what Provine calls the "canned research" that was the norm during his own grad student experience, the professor sent three of his undergraduate psychology students with notebooks into local malls, cafeterias and other environments where "you'd find laughter."

The goal: to eavesdrop on anonymous conversations and record them when laughter occurred. "I thought, what kind of crazy idea is this?" admits former eavesdropper-turned-medical student, Lisa Greisman. "It didn't sound like research."

But Greisman and her colleagues took copious notes on more than 2,000 cases of natural laughter: When do people laugh? Who was laughing? Who was speaking? Does the speaker laugh? Did researchers notice gender differences? "I'm not sure I want to hear laughing ever again," says Greisman, jokingly.

But what Provine and his students discovered could have significant social implications, especially for women.

According to Provine's research:

*Laughter is almost exclusively social. You are 33 times more likely to talk to yourself than to laugh to yourself. Laughter actually causes laughter. That explains why those smart TV producers still use laugh-tracks on sitcoms.

*Laughter occurs more in response to a "droll statement" than it does after a joke or story.

*The speaker generally laughs more than the people they are speaking to. But here Provine and his students found that gender played a significant roll.

Laughter is almost exclusively social. You are 33 times more likely to talk to yourself than to laugh to yourself. Laughter actually causes laughter.

Generally speaking, women are better laughers. But a male speaker is more likely to get laughs than a female speaker. If a woman is speaking - no matter what gender her audience is - she's less likely to get a laugh.

"The lot of the female comedian is not an easy one..." Provine concludes.

"I don't agree with that," says Chicago-based comedienne Caryn Bark. Bark is a 10-year veteran of the comic-circuit with her own one-woman show and is a founder of Chicago Women in Comedy.

Bark suggests what Provine and his students are seeing is a prejudice against women being funny. "[People] don't expect women to be funny," says Bark, "so they

don't get it at first."

Before she was a professional comedienne, Bark worked in an office and found that her quick wit, an asset to most men, made people uncomfortable. "I'm kidding." Even on dates I'd have to say, "I'm kidding," says Bark.

For female comedienues, Bark adds, it's important to be introduced as a "comedienne," so people know what to expect. "If you're not a character, they think you're a singer. You don't look like a comic."

But once on stage, Bark says she is able to get just as many or more laughs than her male counterparts, no matter who's in the audience. Once, Bark did a show for a holiday lunch full of "stuffy older men," she says.

"I do my act. Two smiles. It was awful. I ran home and the secretary calls and says, 'They loved you, they want to book you for next year.'"

Bark did the act again the following year, got the same reaction and the same phone call. When she was asked back to perform the next year, Bark says "I just couldn't do it."

So she booked a male comic, who did "sports and stuff" in his act. After the show, the male comic called her and said they hated him. Bark reassured him that was their usual reaction. Then the secretary called and said to Bark: "They hated him. Could you come back next year?"

Bark adds: "Humor is a powerful tool."

Activities or A's: What do companies really want?

The bottom line: Future employers are looking for highly motivated people

By Ronna Johnson
The Oklahoma Daily
University of Oklahoma

NORMAN, Okla.—Phyllis Messina, a University of Oklahoma pre med senior, can quickly name what she thinks employers want to see on a resume:

Good grades. Volunteer work. Community service. Leadership opportunities. Honor society memberships. Scholarships. Involvement in club activities. Work experience.

From playing on a sports team and being popular to receiving scholarships and building a great resume; success after college seems to hinge on making perfect grades and achieving membership in the best organizations.

Experts in the field say that while a perfect grade-point average and membership in only the most elite clubs are commendable, all-around participation and involvement are what companies really like to see. Messina is on the right track.

•What do employers really want?

The bottom line: Future employers are looking for highly motivated people.

Sue Marshall, UO's Career Planning and Placement director, said employers want people who can get the job done.

Being affiliated with any club or organization is important because it shows a level of achievement and recognition. However, affiliation doesn't indicate actual participation, which is what employers usually look for.

William Temmie, human resources manager with Hitachi Computer Products Inc., said he looks at grades and experience. He said a GPA of 3.0, considered low to some students, will get a person in the door. Having a perfect GPA may mark a student as outstanding academically. However, Temmie said, that alone is not a good indicator of performance.

See Companies page #13

Millions of Americans confront questions about their identity

As the U.S. becomes more racially mixed, many people are being forced to choose one part of their heritage over another

By Vincent J. Schodolski
Chicago Tribune
Knight-Ridder/Tribune
Information Services

BERKELEY, Calif.—Ezra Garrett has no problem dealing with the fact that he is part Native American, part Irish, part Filipino and part Hawaiian. What Garrett does have a problem with are forms.

"I look first to see if it says to check one box only," said the 22-year-old senior at the University of California, Berkeley. "It is the boxes on all these forms that are the problem."

Like millions of other Americans of mixed race, Garrett confronts a sort of identity crisis when forced to fill out forms that require information about racial and ethnic background.

For years, Garrett and others have been forced to check "other" when faced with the choices offered on

forms ranging from school admissions applications to the U.S. Census.

After the 1967 U.S. Supreme Court ruling that struck down state laws against interracial marriages and the surge of immigrants from non-European countries, the number of interracial marriages has doubled each decade.

As a consequence, the

"The face of this country is changing whether people like it or not." -Ramona Douglass, president of the Association for Multi-Ethnic Americans

number of mixedrace children born in America has risen more than fourfold since the court ruling. Driven by the situation of people like Garrett, who is part of what sociologists refer to as the "bi-

racial baby boom," there is increased awareness of the frequently painful choices faced by mixed-race Americans in a society that seems increasingly focused on and polarized by racial identity.

While the issues involved go far deeper than filling out forms, part of the effort to resolve the crisis faced by people of mixed race has resulted in a well-organized effort to change the way in which questions of race are dealt with in the U.S. Census for the year 2000.

"The face of this country is changing whether people like it or not," said Ramona Douglass, president of the Association for Multi-Ethnic Americans and a member of the 2000 Census Committee, a group formed by the U.S. Office of Management and Budget, which oversees the census.

See Identity page #14

"Out in four" deal to be offered at Washington state universities next fall

By Marsha King
Seattle Times
Knight-Ridder/Tribune
Information Systems

SEATTLE—Two state universities - Eastern Washington and Washington State - are offering next fall's entering freshmen a novel "out in four" deal: a bachelor's degree that's guaranteed to take only four years.

Upon enrollment, students will sign a contract that outlines obligations, such as maintaining good academic standing, taking designated courses when scheduled and declaring a qualified major within a specified time.

It used to be that not graduating in four years was a kind of disgrace. Now, it's the norm. According to the most recent statistics from the state Higher Education Coordinating Board, just 29.7 percent of the freshmen who entered the University of Washington in 1987 graduated in four years.

At Eastern, it was 16.3 percent and at WSU, 24.8 percent.

The highest rate, 40.3 percent, was claimed by The Evergreen State College.

(Those figures seem to be improving. For instance, the UW reports a 35.1 percent graduation rate for its entering class of 1990, and WSU reports a 30.8 percent rate.) Research shows some of the fault lies

It used to be that not graduating in four years was a kind of disgrace. Now, it's the norm.

with the institutions. Courses may not be available when needed, advising may be inadequate or requirements for certain majors can add credits that require more than four years to fulfill.

But students share responsibility, too. They may not be prepared, may change or delay their choice of a major or reduce their course load to earn money to pay tuition.

So far, many but not all of

the majors at Eastern and WSU are being offered through the four-year plans.

If students live up to their part of the deal, but their university fails to deliver, remedies kick in. The universities might substitute different classes, waive the requirements or even pay tuition for the time needed to finish the degree.

"We are a land-grant institution and access is very much a part of the land-grant mission, as is quality," WSU registrar Monty Nielsen said. WSU hopes to offer a similar agreement for transfer students.

WSU now is mapping out, in a year-by-year sequence, the requirements for participating majors. To track students' progress, the school has invested in a \$30,000 Degree Audit Reporting system.

The plans are one answer to serious concerns that it's taking too long to graduate. Mindful of the growing cost and demand on public higher education, the state Legisla-

See Deal page #12

BRIEFLY

By Marcy L. Peska
Whalesong Reporter

Scholarship Application Deadline: Friday, March 1 is the deadline for scholarship applications. Applications may be picked up at the UAS Financial Aid Office.

Ice Cream Social: There will be an ice cream social in the Maurant Cafeteria on March 6 starting at 3 p.m. This event is free for students with current I.D. cards.

Self-Defense Demonstration: On March 19 at 7 p.m. there will be a self-defense demonstration at the Zach Gordon Youth Center across from Centennial Hall downtown. The event is free of charge.

Potluck: Sheishoox, a low-fat food contest and potluck, will be held at the Tlingit-Haida Community Center, 3235 Hospital Drive. This event is scheduled to begin at 6 p.m. on Feb. 29. To enter a low-fat main dish, side dish, dessert, or traditional Native food, bring the recipe with the entry dish. Non-contest dishes are welcome.

Mardi Gras Delayed: Due to broken sewer lines, the Mardi Gras celebration at the Buoy Deck downtown has been delayed until March 30.

Recycle: Every Saturday between 9 a.m. and 11 a.m. you can recycle glass at DOT, located at 7-mile Glacier Hwy. For more information call 780-4212.

Planetarium Programs: The planetarium at Marie Drake will be presenting "The SUN and a look at the March Sky" on March 5 and 6. The March 5 program will begin at 7 p.m. and last thirty minutes, and will be geared to children about 4-6 years of age. The 8 p.m. program on March 6 will be geared more towards middle school older children and adults, and will last about an hour. For more information call 586-3278.

Card Contest: Submissions for the Chancellor's holiday card contest must be delivered or postmarked by April 12. Entries should be submitted to Scott Foster in Maurant 108 or mailed to: Scott Foster/UAS-Juneau, 11120 Glacier Highway, Juneau, AK 99801. This contest is open to all UAS students and the winning entry will earn \$150. For more information contact Alice Tersteeg at 465-6503 or George Parker at 465-6438.

Spring Break: Spring break is scheduled from March 11-15!

Sitka Field Trip: The Juneau Marine Biology Club will be traveling to Sitka over Spring break. There is room for only 15 Juneau students and the cost for each student is \$30. Interested parties should contact Ed Caine, marine biology associate professor here in Juneau, right away. The group will be leaving for Sitka on March 8 and returning to Juneau on March 14.

Alaska State Museum Exhibits: "Recent Acquisitions, Highlights from the Collection of the Alaska State Museum" will be shown until March 30. Also, "Alaska Positive", a statewide photo exhibit, will be shown between Feb. 16 and April 6. Between 4:30 p.m. and 8 p.m. on the first Thursday of every month, there is free admission to the Alaska State Museum. Students with current I.D. cards always have free admission.

Contra Dancing: Contra dances are held at Capital City School every Thursday evening. The dancing and live music starts at 7:30 p.m. and lasts until 9:30 p.m. A \$2 donation is requested at the door.

DO YOU KNOW IF YOU ARE HOT?

HIV STATISTICS FOR UAS

HIV POSITIVE TESTS
UAS Average 1/114 = 0.88%
Higher than
National Average 1/250 = 0.4%

YEAR	PEOPLE TESTED
91-92	14
92-93	21
93-94	24
94-95	24
95-96	36

No appointment!

Free HIV Testing
March 22, 1996
8 - 11:45 am

Just show up!

Student Resource Center
465-6439

Text by Marsha J. Thomason
Whalesong Reporter

Layout design by Leetta Gray

The Tattoo:

For many, it is much more than just an image on the body

When I received my first tattoo at 18, I was making a statement about who I was. It wasn't an "in your face" kinda deal, it was a way of defining and expressing myself. Recently I chose to have another one placed on my body after 13 years.

I cannot explain why I made this choice after all these years except to say it is a sacred image (in my mind) that continues to define my existence. Whoa. I'm getting a bit esoteric. I will ground myself and give you a little background information on the ancient art of tattooing, and then introduce you to the staff at Apocalypse, Juneau's newest tattoo studio.

To quote Robin Fisher (poetry editor of *The Beltane Papers*) in an article she wrote in for the autumn issue, 1994:

"A tattoo is a double symbol: on one level it is a chosen image, with meaning assigned by the individual...in addition it is a tattoo—not a statue or a picture or an object one holds in one's hand. To be tattooed is to literally incorporate an image...it is going to be a part of you, part of your very body."

Pondering this, it probably wouldn't hurt to cast off those archaic ideas that permeate societal mores. Archaeological evidence from the late Stone Age has shown that tattooing was probably practiced during this period. There is no indication that bikers and sailors (the image conjured up when we think of who's tattooed today) were hanging out in the local caves at this time.

There is also evidence from European sites (dated at 6000 B.C.E.) that revealed carved figurines possessing facial and body markings thought to represent tattoos. There is no evidence indicating they (bikers/sailors) were present around 2000 B.C.E. when the mummified body of the Egyptian priestess Hathor, revealed a tattoo of parallel lines on her stomach.

As much as I'd like to support that old paradigm, by the time tattooing had taken hold (around 1000 B.C.) as a true decorative art form, there was still no evidence of tattooed bikers gracing ancient artifacts. In fact, evidence indicates that tattooing in Egypt was mainly confined to women (priestesses, dancers, concubines).

It was when the Romans invaded the British Isles, coming in contact with the Picts (a people thought to be named for the iron tools they used to tattoo themselves with), that the practice of tattoo-

tattoo themselves with), that the practice of tattooing spread through the military ranks like wildfire, that is, until Constantine declared it an act that violated God's creation. I wonder if that is why it is still against military regulations to get tattooed? Just a question to get you military historians thinking.

In 1769 Captain James Cook encountered the Tahitians and logged in his journal about the practice of "ta-tu" among the people in those South Pacific Isles. This is where the modern-day history of western European tattooing begins. The movie "The Bounty", featuring Mel Gibson, chronicles this event with a scene depicting tattooing.

Whatever the case may be, this is an ancient art form with its roots steeped in spiritual and religious practice. I

ship in Arizona to learn body piercing from an 11-year master in the art. She grew up on a ranch and remembers helping with the branding and tagging of the livestock. She said, "I remember thinking how cool it would be to do this to people. I started experimenting on myself and friends."

Using the hollow piercing needles, Bonnie Wirtz pierces tongues, noses, lips, eyebrows, and other areas of the body too personal to mention. I asked what her most interesting request was and she said, "the Prince Albert, most definitely." Some other things I wanted to know were:

*Most common tattoo: roses and hearts

*Most uncommon tattoo: Guam National Emblem and the Sheela Na Gig.

*Common response of body piercing recipient: They are doing it out of rebellion, they believe it to be attractive, or an expression of sexuality.

In researching this article, I spent some time with the Wirtz's at their shop. One of my questions had to do with the amount of repair work and cover-up that Apocalypse does as a result of unprofessional piercing and "scratchers" (untrained tattooist).

Shane Wirtz offers apprenticeships to "scratchers", but hasn't found many with the commitment to learn the techniques needed to prevent scarring and damaging a person's body.

"You can be a great artist," said Wirtz, "but if you can't operate the equipment, tune the machines, make the needles and put the customer at ease, the process is not at optimum level, which ultimately results in damage."

I inquired about how this couple came to be in Juneau; I was surprised at the answer.

Shane had responded to an advertisement for flight instructors at the Juneau Flight School in July of 1994 (having been a licensed instructor for 6 years in the lower 48). This led to the couple moving here permanently in 1995.

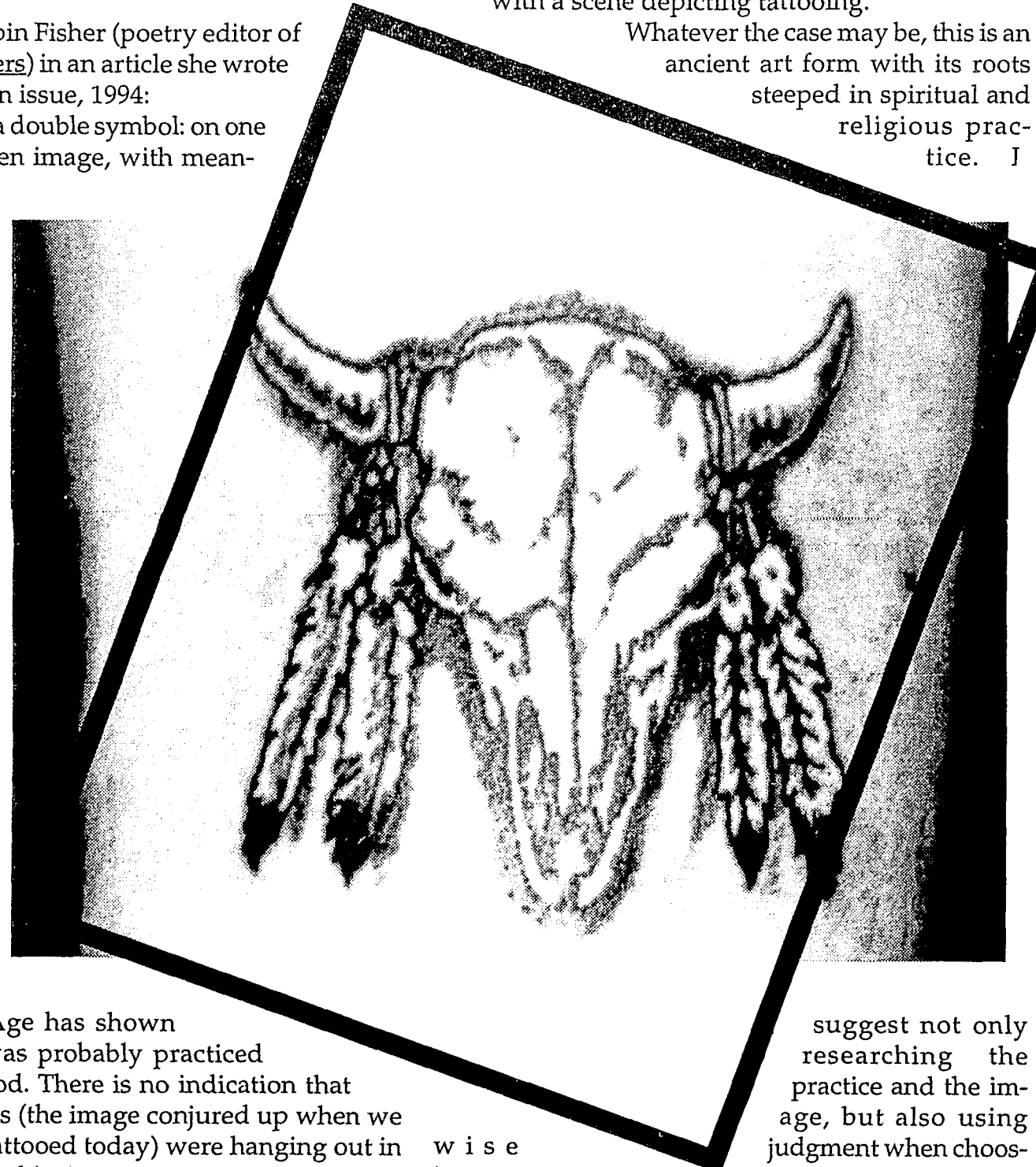
Part of the reason the Wirtz's decided to open Apocalypse Tattoo and Body Piercing shop had to do with furthering Bonnie's apprenticeship as a Locksmith. She works at Doak's Lock & Key as well as at Apocalypse doing piercing and apprenticing under her husband to continue in tattooing.

One thing to be said about this couple is they are diverse. I think this diversity is what lends to their ability to put you at ease while doing their work on your body. I don't think I am unique in the sense that I experienced very little pain as a result of lack of fear.

I was able to talk to both of them, look around the shop (a clean environment with sterile equipment), and Bonnie was there during the entire process. I felt safe, comfortable and honored as a female. The hardest part of the whole two-and-a-half hours was not laughing (wiggling is not conducive to straight lines!).

If you are interested in body art, take the time to check out the artist doing the work. This is not something you rush into. The Wirtz's have a policy of not working on anyone under the age of 18, ask that you not be under the influence (alcohol tends to increase bleeding), and do not expect checks.

Their prices vary from \$15-\$300 on piercings and \$70 an hour or a negotiated fixed price on a tattoo. Their number is 790-INKS. They love it here in Juneau and plan on staying here awhile, so wander on down and check them out!



suggest not only researching the practice and the image, but also using judgment when choosing a tattooist.

wise

ing a tattooist.

The sacred image that now graces my body possesses deep meaning; I had to feel safe with the artist. When I met the folks at Apocalypse, I intuitively knew these were the people I wanted to work with. Let me introduce you:

Shane and Bonnie Wirtz (soulmates), recently migrated from Georgia, and opened their shop October '95. He created his first tattoos at the age of 17 with a sewing needle and some India ink (sound familiar?) on himself and his friends.

Several years later the Wirtz's traveled to Las Vegas to get tattoos, thought the price was too high, bought a kit and started practicing on each other. In 1993, Shane apprenticed at "Abstract Tattooing" in Tucson, Arizona for the nominal fee of \$5000.00. Since finishing the apprenticeship, he has worked in established shops in Arizona, Nevada, and Georgia.

Bonnie Wirtz underwent a 6-month apprentice-

Photos courtesy of Shane and Bonnie Wirtz

Why do you have (or not have) a tattoo?

In the 52 days that I have resided in Juneau, one thing that has piqued my curiosity are all the folks running around with tattoos and/or various areas on their bodies pierced (other than the ears).

Maybe it is because the community is smaller, but I would venture to guess the percentage of tattooed/pierced people in Juneau is higher than average. I am always looking for things to write about, so I started randomly asking people (of all ages and occupations) I encountered if they had a tattoo or piercing and why (or why not). I think it's only fair to let the voice of the people be heard. Here's what they had to say:

Peter: Glass Blower—"Initially I got a tattoo to be like my sister; now I want what is on my mind to be on my body"

Mandy: Barista—"I was really young when I had my tattoo done; it serves as a symbol of my spirituality reminding me daily of who I am."

Larry: Mechanic—"I received my first one at 14 to make a statement; now my tattoos symbolize who I am and what I am about."

Heath: 21—"I don't have one yet for several reasons, the money and the design. I want a Celtic or Native design w/ intricate weaving, no color." (The extensive detail of a design tends to increase cost)

Zeke: 42—"It was the thing to do at the time. I am looking at adding on since it is a great form of art."

Dan: 40—"I don't have one; for the last year or so I have felt like it is something I want though. I am looking at a dragon because it symbolizes power to me."

Eve: 22—"It is my way of expressing my art." (she has 11 tats/2 piercings to date)

Nancy: Day Care—"I don't have one; if I were to get one it would be an Angel. That is if I had a visitation from God telling me to get one! Ha Ha."

Debbi: Admin. Clerk—"It's a great way to express art but there's one problem where I am concerned, NEEDLES!"

Kim: Hair Designer—"I want a Sun; it is who I am, Life!"

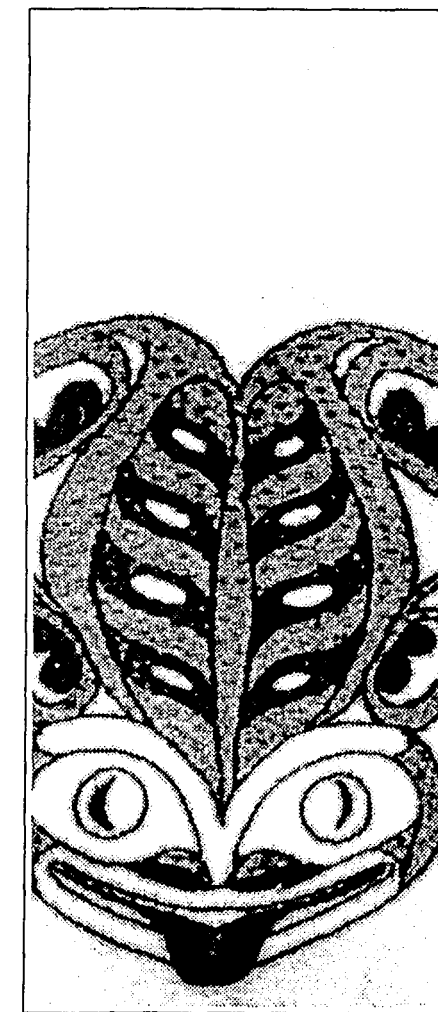
Walt: Contractor—"My body is covered with scars and they all have a story. What kind of story could I tell about a tattoo?"

Maureen: Barista—"It is a symbolizes a spiritual belief and honors women."

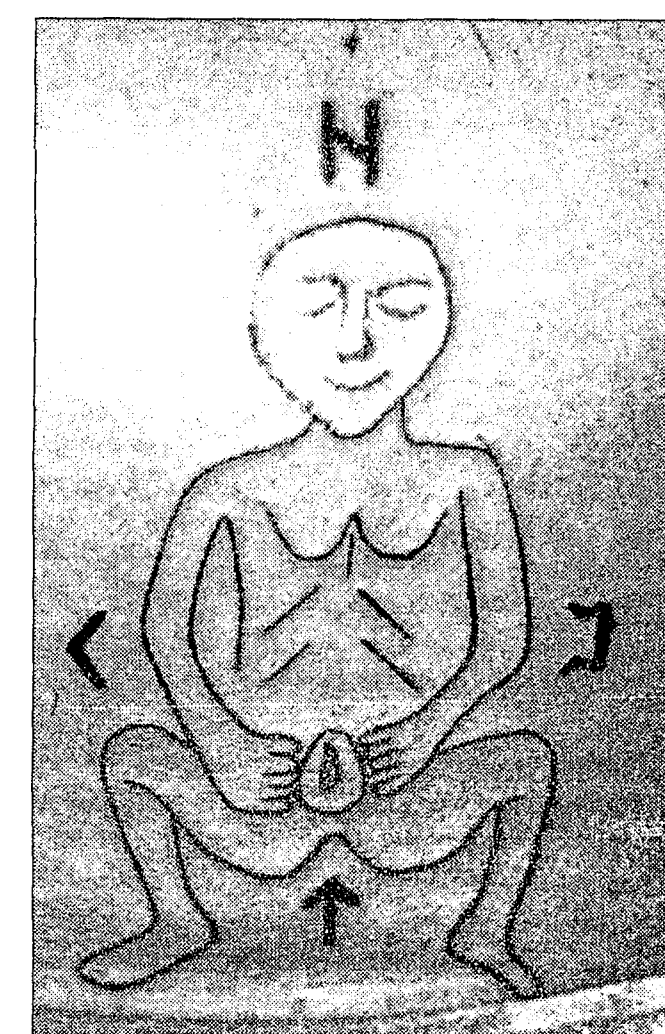
Tessa: Student—"I think that my tattoos and piercings are attractive; I love 'em."

Tim: Student—"No I don't have one; No I would never get one. Why should I? I don't mind if other people have them though."

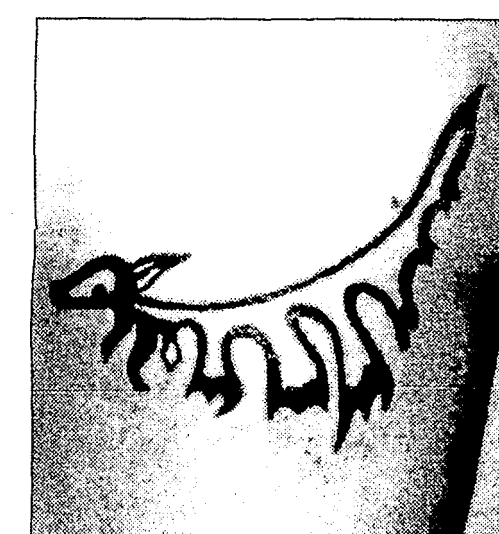
What I found interesting in my conversations with people about this subject was how many believed it to be a spiritual expression of art; those that didn't have tattoos or piercings and would never get one thought it was "okay" if others wanted them. There wasn't a real negative response.



Tribal Frog (above): This "announcer" comes out in spring to let people know that spring has arrived.



Sheela Na Gig: Thought to be a manifestation of the earliest primitive fertility Goddesses.



Ice man: This tattoo was engraved on a pre-historic man recently found preserved in the Austria/N. Italy region.

Archaeological evidence from the late Stone Age has shown that tattooing was probably practiced during this period. There is no indication that bikers and sailors (the image conjured up when we think of who's tattooed today) were hanging out in the local caves at this time.

A Conversation with The Pat Travers Band

After playing Sweden on Feb. 17 and Alaska just a few days later, this trio delivered, despite 42 shows in 45 days. True performers to the end, the band took the time to shoot the breeze with a Whalesong reporter...

By Marsha J. Thomason
Whalesong Reporter

Some things just fall in your lap. That's what happened when I received word I was doing an interview with "The Pat Travers Band." With their new CD "Halfway To Somewhere" climbing the charts in England, I was honored to be able to spend some time with Travers and his band members, Kevin Rian (bass and vocals) and Sean "The Cannon" Shannon (drums). If you missed the two performances the band played at Hoochi's Sports Bar on Feb. 23 and 24, all I can say is *shame on you* and "Look Me Up" (song on their new CD), so I can drive you to the music store to buy the disc.

A tentative interview was set for 4:30 Friday afternoon. I arrived with pen and recorder in hand, as Rian was doing a sound check with Matt "The Sarge" Schieferstein, the group's sound technician. I pulled up a chair, and reviewed Travers' condensed biography sheet. I was halfway through the biography when Rian picked up his bass and began running through a few chords. My body was instantly moved to dance.

When the sound check was finished, I introduced myself to Rian and we chatted for awhile. A talented bass-

ist and vocalist, Rian has played with Molly Hatchet (Southern rock extraordinaire) and most recently, has spent the last few years with Rick Der-ringer. Travers called him in May of 1995 to lay tracks on the new CD, an opportunity Rian couldn't pass up.



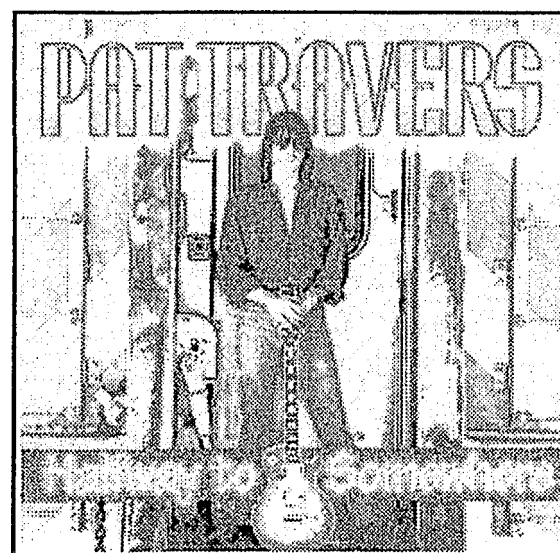
Pat Travers, front, played before a packed house at Hoochi's recently. Travers' band made a stop in Alaska after playing in Europe.

While talking, Rian and I discovered we had some mutual acquaintances in the industry (which reinforced my belief that you never know who you're talking to so be nice).

The "interview" by now was less of an interview and more like hanging out, so we decided to run over to the

lodge to see if Travers was back from a radio interview at KSUP. Although he had finished, he was hungry, so we agreed to hook up after the show.

I arrived at the show early to secure a good seat and catch the opening act, "Brotherhood Bridge", which



Travers' latest CD.

Hoochi's continues to bring us this type of entertainment.

Said Cashen, "This is happening! It's the beginning of things to come here at Hoochi's. We're excited to have Pat here, he's the first rock-n-roller we've had and he's been very great to work with."

The "Pat Travers Band" took the stage around 9:30 and for the next hour and a half Hoochi's was rocked like it has never been, in spite of the fact the band had just returned from Europe. The group played shows in six countries, including England, Germany, and Sweden. When they leave Alaska, they still have one gig left in Florida, after which they will head home to rest up from their exhaustive tour.

After the incredible show, Travers took the opportunity to shake hands with members of the audience, signing autographs on everything from dollar bills to a guitar. Finally, he gave me a nod and we gracefully scooted into the office for a chat.

See Band page #13

Outdoor film festival coming to Juneau

By Marcy L. Peska
Whalesong Reporter

In March, Juneau residents will have the opportunity to view some exciting outdoor films that have been shown in an international tour.

The best of the show from the November jury of the "Banff Festival of Mountain Films" will be coming to Juneau on March 20. The films will be shown on the video projection unit in the big screen room at Centennial Hall. Admission will be \$10 for students and \$12 general admission. Tickets may be purchased at Hearthsides Books and at the UAS cashiers office.

According to Tish Griffin, director of student activities and housing, about 300 tickets were sold to the festival showing when it came to Juneau in 1994.

Unfortunately, viewing space could not be obtained in 1995 so the festival did not come to Juneau last year. Griffin said that it was disappointing to miss a year, but that it may have increased the anticipation of Juneau audiences for this years showing.

Some of the selections shown at the 1994 viewing included kayaking, skiing and mountain climbing films. Griffin said that the 1994 films were "fabulous", and she expects the 1996 selections to be just as exciting.

Not all the films that finished the competition will be shown in Juneau. Lisa Brandt, the coordinator of the festival, as well as Griffin and a volunteer student committee, must choose which of the 10-15 minute-long films will be shown in the three and a half hours of film time.

The student volunteers will help to choose the film selections by looking at a list of film titles. Interested students are encouraged to drop by the Student Activities and Housing Office to pick up the printed materials.

Portfolio from page #1...

The assessment committee, co-chaired by English language faculty member, Jo Devine and School of Business faculty member, Janet Dye, was instituted in 1988. The committee currently exhibits a draft-in-progress that identifies six areas of student competency to be measured.

They include: competency in professional behavior (ability to meet deadlines etc.), communication (reading, writing and speaking skills), computer usage, information literacy (research), quantitative analysis (mathematics) and critical thinking.

Co-chairperson Devine admitted that the committee has had difficulty with defining and evaluating the above items.

But the prevailing sentiment among university instructors, as well as the accreditation association, indicates that the portfolio program, in addition to measuring writing skills, also effectively measures several of the other areas currently identified by the assessment committee.

For this reason, the committee recommends that

the portfolio program become a requirement for all future students at UAS.

However, the universities in Anchorage and in Fairbanks have not implemented a portfolio program, so why should UAS? According to Devine, these schools must also set in motion a system for assessing the level of competency of the students, but these institutions lag behind UAS in creating an assessment mechanism.

John Pugh, ELAS dean, thinks that Anchorage and Fairbanks will execute a system of tests for measuring students competency, rather than the types of assessment programs recommended for UAS. Devine believes that UAS' assessment tools will be more humane than the "sudden death" exams given at larger universities.

Assessment, according to Devine, will take place at three intervals during a students' academic life.

An entrance exam will mark the first step in assessing a students' education. The second step for future students will be the portfolio requirement

submitted by a student upon completion of the General Educational Requirements.

Pugh believes that the portfolio will determine a students' ability to advance in the upper division courses dictated by a degree program. The last step will take place just prior to graduation and, according to Pugh, the tool used for assessment at a student's exit will be determined by the department that awards the degree.

The assessment committee is still working on these graduation assessment tools, but the university-wide portfolio (required after the completion of GER's) has the support of Chancellor Lind.

Students now enrolled at UAS need not panic at the implementation of this new requirement. Even though the program has the Chancellor's support, Petersen thinks the implementation of the program will probably not take place next fall.

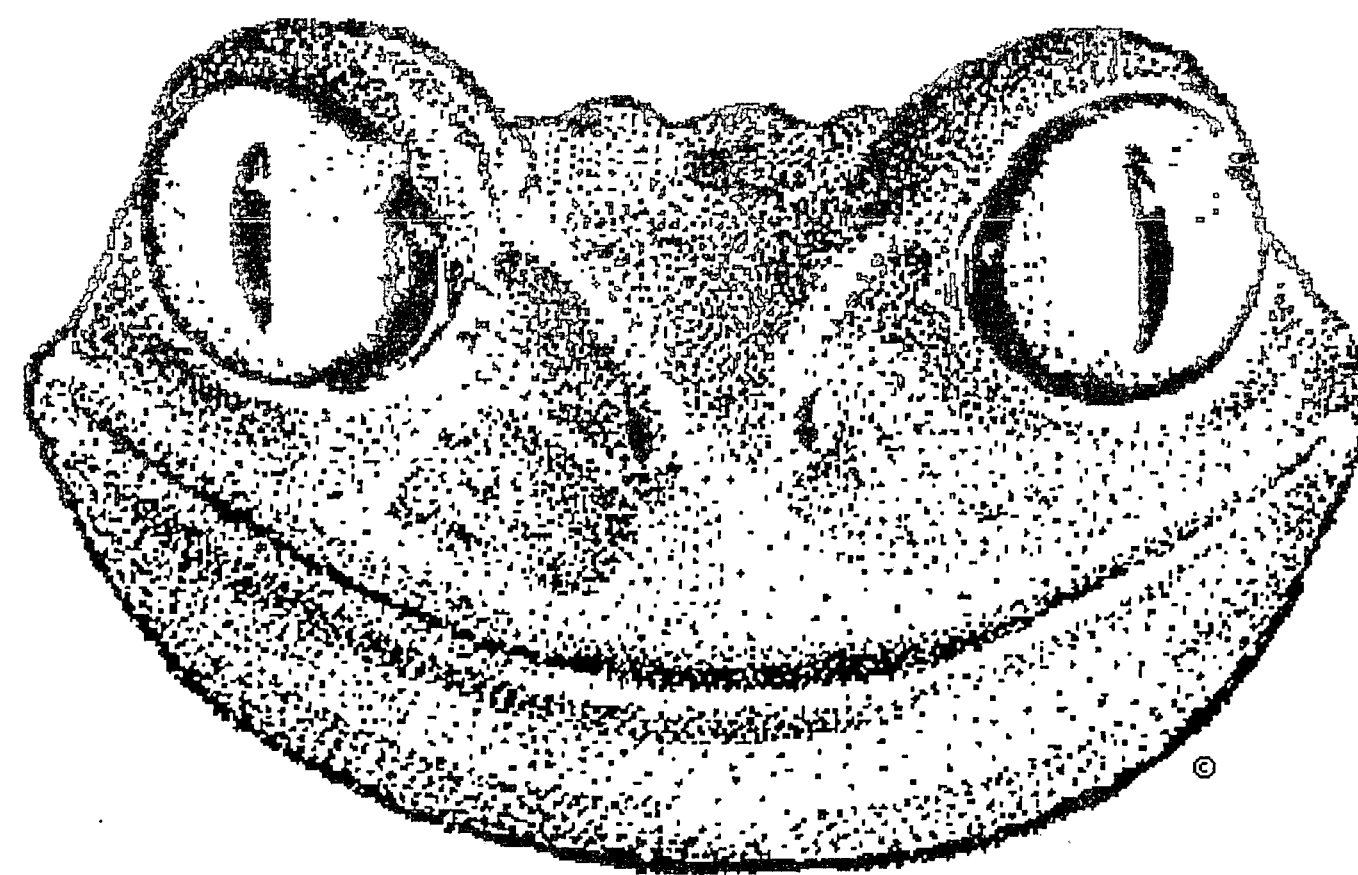
Furthermore, the consensus among committee members is that currently enrolled students remain exempted from the requirement. Once the program is implemented only the new enrollees will need to submit a portfolio.

Devine also wants students to realize that these assessment programs are not desired by the faculty. The Northwest Association of Accreditation mandates the UAS begin a system of assessment and wants to hold each school accountable for the education that school provides.

According to Devine, assessment scrutinizes the instructors more than the students. The portfolio program has been effective in teacher/teacher evaluation because it creates a forum during which different instructors trade ideas and receive input on teaching skills from one another.

The portfolio requirement, said Devine, is the most constructive and most benevolent way for UAS to meet the assessment mandates from the Northwest Association of Accreditation.

Attention Whalesong readers
**WE WANT TO SEE YOUR
ARTWORK AND POETRY!**



**And we are interested in publishing
it in our next issue.**

**Longing for recognition? We welcome submissions of
both faculty and students. Give us your best work
and we'll see what we can do with it. Deadline is
Friday, March 8. Please bring your work by our office, located in
the Maurant building, Auke Lake Campus and place in our "mailbox"
outside of the door. Remember, work will be published at our discretion.
We will only do this if we get a good response from YOU!**

Why not do it?

Classifieds:

FUNDRAISER: RAISE \$\$\$

The Citibank Fundraiser is here to help you! Fast, easy, no risk or financial obligation - Greeks, groups, clubs, motivated individuals, call now. Raise \$500 in only one week (800)862-1982 ext.33

Wanted: One clothes dryer in working condition. Please contact Scott or Sarah at 790-2028

Bible Study Room 212, Egan Library on Sundays from 3-4 p.m. Contact Marlin at 789-5725.

For sale: 1985 Toyota Celica. Excellent condition with lots of modern options and CD player. New tires, brakes, ect. Call Charlene at 789-1275. \$2500 obo.

Room for rent: Tolerant home-owner seeks drug free individual. Environment conducive to learning. Large parking area. Scenic. 1 mile from busline. Call Susan at 789-4814.

Personal: Joe Parnell, Call Susan at 789-4814.

For Rent: I have a horse that wants to meet a horse-lover for a part-time relationship. Financial support and experience desirable. Susan, 789-4814.

Music Update...

Local group "Brotherhood Bridge" successfully opens for Pat Travers Band

By Marsha J. Thomason
Whalesong Reporter

Hey folks! Remember a couple of issues' ago I did an article on a recently formed band here in Juneau? Well, here's an update for all you music lovers, "Brotherhood Bridge" opened for "The Pat Travers Band" concert at Hoochi's three months from the day they met and decided to form a band. Can I pick 'em or what?

Brotherhood Bridge primed the audience for 30 minutes with all original music. A better band could not have been found as an opening act for a rocker like Travers. When John McCarthy lets loose on the lead guitar, backed by Mike Purcell's solid drumming and Craig Fowler's incredible bass line, there's nothing holding back Bob Cole's vocals. Speaking with Sean "the cannon" Shannon, drummer for Pat Travers Band, after the show I asked him what he thought. Here was his reply: "What I've heard I like. I think they sound pretty good." Getting Shannon's endorsement reinforced my initial reaction to this group. All the way guys!

I spoke to Fowler before the show to see how they were feeling about this opportunity to open for Travers. Here's what he said:

"We've come from a group of strangers to a tightly woven group of friends and musicians exactly 3 months ago today (2/24). Opening for Pat is a stepping stone in our career. If we keep our goals in sight continuing all the hard work, who knows who'll be opening for us."

I agree. Juneau has a band that could just put this little city on the rock-n-roll map. Keep up the great work guys & happy anniversary. Stay tuned readers; this one could be big and you read it here first. Rock-on....

Teachers from page #2...

Empire, the average starting salary for a Juneau teacher with a bachelor's degree and a teaching certificate is \$32,887.

How many of us, upon graduation, with only a bachelor's plus one year of position-specific training will walk into a job making \$32,000+ a year with summers and Christmas break off? Not too darn many of us, I would imagine. Add to that tenure. It is virtually impossible for your employer to fire you if you have tenure.

Have you any idea how difficult it is for a university professor to obtain tenure? It's not just a matter of putting in your time as with teachers. They go through numerous evaluations, on paper and before committees. First, they have to apply for tenure. Then they are evaluated by the head of their department, a committee in the college they teach for, the dean of their department, a university-wide committee, the chancellor and finally the Board of Regents.

Also, university professors must comply with the terms of their contract, which can and usually does include some sort of community/public service component, a teaching component, and occasionally a research component. Student evaluations are assessed, and the professors must provide letters of recommendation. Why isn't this procedure instituted for teachers at the elementary and secondary levels? Remember, university faculty start at up to \$9,000 less and need at least a master's degree.

If teaching at the elementary/secondary level is so stressful, why do so many teachers work until retirement? Why does the Juneau Education Association need to advertise to the public what a great job they're doing and what a "good deal" they are with their "True or False" ads in the paper?

I don't see any other professionals advertising to tell me what a great job they're doing and what a bargain they are. In addition, with other professionals, I can go elsewhere if I don't like the quality of service or the product. If I have children in the public school system, I don't really have a choice unless I can afford a private school.

I can give you an example of a student who is taking a correspondence class because the teachers who teach the subject are so unskilled, so out of touch with the students, many of them fail, and those that pass still don't know what they're doing.

But these teachers are tenured, so this high school student has no choice. Take these teachers (a choice of two), or don't take the class at public school. Since this student needs this class to prepare for college, she's opted to take a correspondence class, at her expense.

She also is paying a tutor out of her own pocket, and this is an honor (3.5 GPA) student. And, she's taking this in addition to seven classes, plus an after school job. But she's not whining. She talks about how much she's learning, how cool her tutor and correspondence teachers are, and how she's glad that she doesn't have to take the teachers at the high school. I guess it's all in your attitude.

What I don't understand is why teachers feel that they deserve special treatment? Almost all workers, dare I say, run the risk of being terminated if their performance is unsatisfactory. Yet the acts that a tenured teacher would need to commit in order to be fired far exceed that which would be tolerated in the private sector.

Teachers are well paid. I don't see how that can be disputed, some work 14-hour days (I'm being generous); they still get the summer off and collect a paycheck. Many of us who graduate with bachelor's or even master's degrees will not start out at almost \$33,000 a year plus benefits.

What makes teachers any better or more deserving than the rest of us?

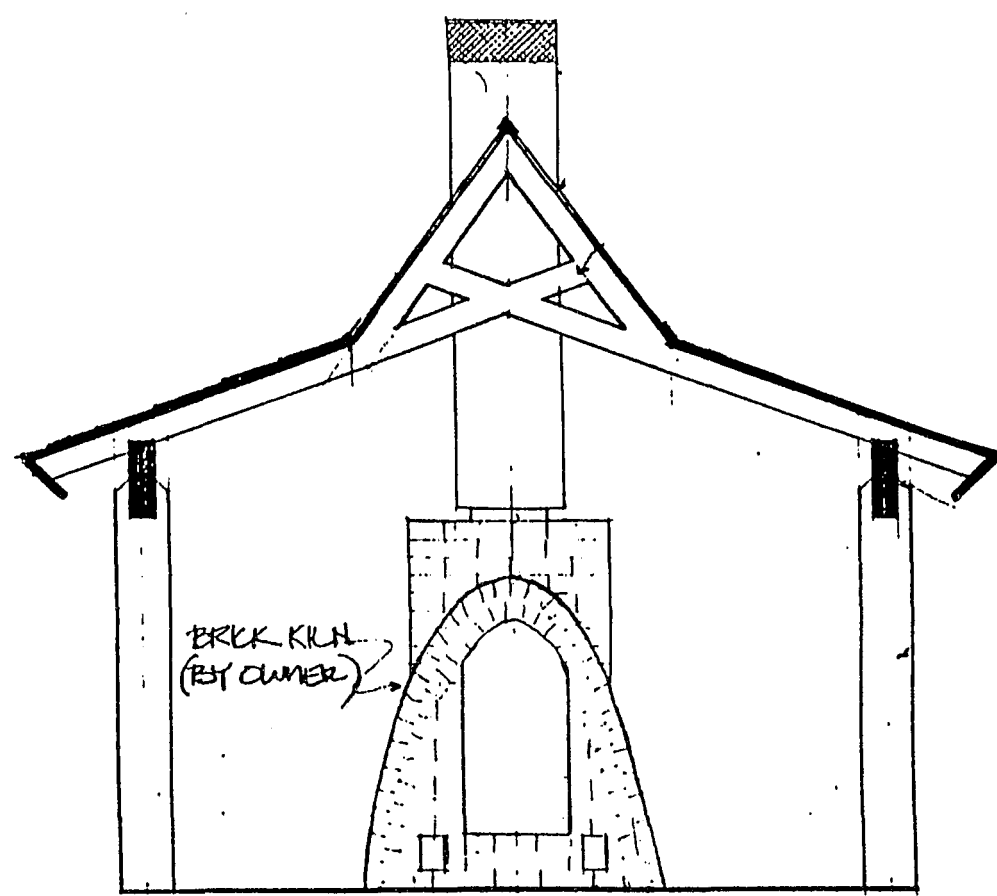
Kiln from page #4...

Ceramics instructor Fumi Matsumoto is glad to hear that the project is progressing. "We've been asking every couple of weeks," she said. "We have been using the indoor electric kiln and have been limited in what we can do."

Matsumoto said the outdoor kiln is gas powered and can fire pottery at a higher temperature than the indoor electric model.

"The same glaze fired in an electric kiln can achieve completely different results when fired outdoors in a gas kiln," she said. "It's like comparing the difference between an oil painting and a watercolor. It's like apples and oranges."

Matsumoto said that the



Architect's rendering of the kiln shelter, which will be built in between the Hendrickson and Soboloff Annex buildings.

electric kiln currently in use is very practical for Juneau, but she can't wait to have the second option. "When we get the

larger kiln operating, it's going to open all sorts of windows for us. We are really looking forward to it."

Deal from page #7...

ture in 1993 directed state colleges and universities to find ways to remove roadblocks.

"Other institutions have done this, and I think there's a number of messages that it sends," Eastern Washington administrator Brian Levin-Stankovich said. Bottom line: "You can graduate from this institution in four years despite general concerns that you can't do this anymore."

The UW is taking steps to speed up so-called "time to degree" by increasing the number of some high-demand courses, such as introductory sciences. It also offers a contract to seniors who've applied to graduate, guaranteeing them priority in getting classes, or acceptable substitutes needed to graduate.

While the UW is "open to learning" about the four-year agreements for freshmen, it isn't ready to jump in, said Debra Friedman, associate dean of undergraduate education. "We're curious to see how many students actually complete that contract. The question is how best to use limited resources."

The idea is being tried in a number of different states, including Florida, Indiana, Colorado and Iowa.

The University of Iowa offered its plan to 3,578 freshman last fall. Fifty-two percent signed up. But other schools with four-year plans report less impressive numbers, said Juliet Kaufmann, director of Iowa's undergraduate advising center. It's taken staff time at Iowa to plan and implement, and the additional cost has not been calculated.

The idea also is not appropriate for every student, Kaufmann said. "We think students should not sacrifice valuable academic goals if those are at odds with the four-year plan."

Companies from page #6...

"Someone with a 4.0 may not have much common sense," he said. "They may not have any work experience."

Linda Norton, human resources manager at Altec-Lansing Corporation, said it's nice if an applicant has a high GPA, but overall performance level is most important.

"Sometimes grades are average or just minimal, but it doesn't mean that person can't get the job done," she said.

Norton said she likes to see students who have been involved in volunteer work or community-service activities. "It tells me someone probably has a high energy level and can do multiple things at one time."

•How important is it to graduate with honors?

Numerous honor societies are active on most campuses. Some charge a fee, others require students to take honors classes. The minimum criteria for entry into most of them is a high GPA.

Katy Couch, OU chapter president for the Golden Key National Honor Society, said being a member of an academic-based club is important

for future employment.

"Companies are interested in people who are active in school," she said. "And Golden Key is very active on this campus."

Carolyn Morgan, Honors Program interim director, said membership in an honors pro-

"Recent grads don't really have any professional experience to put down on their resume," he said. "They need to put down as much as they can to show they've been aggressive in pursuing what they're doing."

Priscilla Austin, psychol-

membership will show potential employers she has dedication and responsibility. She believes high grades are essential to success after graduation.

•What looks good on a resume?

When putting together a resume, students agonize over what will make them stand out to an employer.

Robert F. Rowland, owner of Norman Resume Service, said grades are important but there are a number of factors that play into the overall picture of impressing an employer.

"A lower GPA is fine as long as the person has been doing other things such as working," Rowland said.

Morgan said students who work while attending college are attractive to companies. It shows them the person has the ability to handle differing pressures and stress one might encounter on the job, she said.

Rowland said there is an important area in the application process called the "10-second sell" - the time in which employers decide whether they will call you back for an interview. That is the point

where listing a membership in an honor society can be important.

Temmie said once a person can list a lot of professional experience, club affiliations can be taken off a resume. But someone just graduating should put down every possible thing they've been involved with so their resume doesn't look bare.

•When enough is enough

While making the grade may seem all-important, sometimes it gets to be too much.

Russ Koch, Goddard Health Center psychologist, said about 85 students are counseled each week for stress that is related to grades.

When students get stressed over grades, Koch said it's usually because they are trying to do everything equally well at the same time. He said students in that situation should take a realistic look at the circumstances and make cutbacks.

"Some people think they have to be 100 percent in their academics and everything else in their life," he said. "Sometimes, that is just not possible."

Students who work while attending college are attractive to companies. It shows them the person has the ability to handle differing pressures and stress one might encounter on the job.

gram is a great way for employers to differentiate those students who have chosen to take the harder path from students who haven't.

Temmie said membership in honor societies can be important because they show another achievement someone has accomplished. However, he said being active in any group, club or organization is just as important. Involvement is the key.

ogy senior, is Phi Beta Kappa vice president. She said it isn't enough to merely belong to an honor group.

"You need to be active, and you need to indicate that on your resume," she said. To qualify for membership in Phi Beta Kappa, a student must achieve and maintain a GPA of 3.5 or better. This is also by invitation only.

Austin said later on, her

at six weeks. My touring manager said we had five shows in Alaska at the end of the month. I don't know where it came from, but...We had one day off, played Sweden, Saturday, flew into Florida, then off to Seattle, then here. Crazy!"

MJT-"What's it feel like to come here to Juneau?"

PT-"It was so beautiful...the flight was beautiful. We had a spectacular day for flying. I don't think the majority of Americans realize how beautiful

"Life is no harder sober than it is on alcohol or drugs or whatever...I found shortly after I stopped, like within 2 weeks life seemed a little easier."

- Pat Travers

it is here...it's very magical."

MJT-"You have a little girl Amanda and I understand your wife, Monica, is about to deliver your second child?"

PT-"Actually, the 24th of March. They say he's a boy...My daughter is so special I know she's destined for something."

***A 1993 Review in *Guitar Player*

Magazine indicated that Travers "had every excuse to sing the blues. No releases since '84 in the U.S., addiction to alcohol and tobacco, a bad marriage, and (he) had lost his trademark Gibson Melody Maker."

MJT-"In the bio sheet it mentioned you went on a little trip with alcohol and tobacco. Are you clean and sober now?"

PT-"Oh yeah, yeah."

MJT-"Are you doing some 12-Step gig?"

PT-"No. I respect the fact that everybody should stop hurting themselves one way or another. I just think people want to get too much applause and too much sympathy for being basically what amounts to an asshole or jerk. You know what I mean? (laughing) They all of a sudden want to get coddled and I really think you just got to wise up, stop doing the wrong thing, start doing the right thing. Life is no harder sober than it is on alcohol or drugs or whatever...I found shortly after I stopped, like within 2 weeks life seemed a little easier to deal. You know how dark it gets? Your perception is distorted..."

There you go. I can't emphasize enough how nice these guys were. One of the fun things about chatting with Travers was his knack at casual conversation. At the end of the show Saturday, Travers alluded to the fact that they will return this summer to go fishing...

Band from page #10...

Here are some of the highlights of our interview. Enjoy:

MJT-"You're from Canada and now you live in Florida?"

PT-"Actually I went from Canada to England for about three years. It's actually where I started recording...I recorded my first album 20 years ago in England in 1976 - I was only about 20 years old then. I'm 41 now."

MJT-"I'm curious as to when this band came together."

PT-"Kevin came in May right before we recorded the last album. He came on board specifically to record

the last album. Sean Shannon, our drummer, joined last September. He's only been here a short while but he has made all the difference. This is the right combination of players here...With just the three of us we get the job done...We have a good dynamic going. I am pleased and really looking forward to recording some new material with Sean and Kevin..."

MJT-"How did you guys come to be here (in Juneau)?"

PT-"I really don't know. We were in Europe...the European tour wasn't supposed to be any longer than six weeks; I didn't want to be away from my family that long, so I drew the line

THE UDDER CULTURE

Soups Homemade Chili
Sandwiches Frozen Yogurt

What else could the hungry wish for?

Well, try our Baked Potato Bar!
Mon-Thur 9:30 am - 9:30 pm
Friday 9:30 am - 10 pm
Saturday 10 am - 10 pm
Sunday 12:30 pm - 9 pm

Mendenhall Mall, 789-1991



Emporium Mall
586-8188

TWO LOCATIONS GREAT FOR YOUR ART SUPPLIES

Discovery Art
AIRPORT SHOPPING CENTER
790-ARTS

Identity from page #7...

With a shift away from immigration policies that heavily favored Europeans, the number of mixed-race Americans has grown quickly. Demographic experts estimate that nearly 200,000 such babies were born last year. With such changes in the makeup of America's population accelerating, organizations like Douglass' are determined to find ways to eliminate the need for such people to choose one part of their heritage over another.

The goal, fiercely opposed by some government agencies and by such organizations as the National Association for the Advancement of Colored People, is to create a multiracial category on the 2000 census form and sub-categories that would allow individuals to precisely record their backgrounds.

Douglass, herself part Italian and part African-American, said that the issue is vastly complex and frequently oversimplified. "There seems to be a preconception that this is a black-white issue," she said. "It is not."

The complexities of the problem can be seen quite clearly in the face of Ezra Garrett. At times, Garrett's features seem strikingly Asian, at times his Native American heritage seems to prevail. Sometimes he appears Hispanic, a reflection of the complexities of Philippine history.

But for Garrett and others of mixed race, the issues go far beyond superficialities. "I didn't feel as if I could commit myself to one group, or another," he said of his experiences at Berkeley, a campus where racial and ethnic identity plays a huge, and some say balkanizing, role.

While he has had some contact with Filipino and Native American groups during his five years at Berkeley, he devoted most of his time and energy to his fraternity. He was even elected president of the fraternity, which he said had members from an assortment of racial and ethnic backgrounds.

"It seemed more natural," said Garrett, adding that race had never been an issue in his life until he came to Berkeley. "The student groups of color pull a lot harder. They are much more concerned with strength in numbers. A lot of my friends think it is a survival strategy."

One of the groups most stridently opposed to the change in the census categories are blacks.

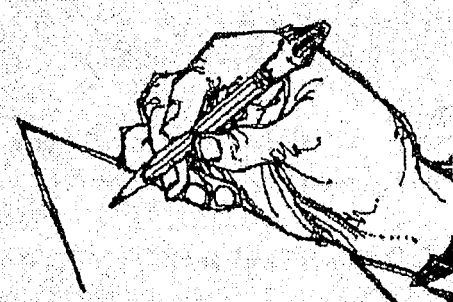
"This would disaggregate African-Americans," said Ed Hailes, general counsel for the Washington bureau of the NAACP. "This would be the group that would lose the greatest numbers if there was a multi-racial category."

He said he believed that adding a new multiracial category was a meaningless gesture in a country like the United States. "There are very few Americans who don't share a multiracial, or a multiethnic background, anyway."

Hailes said such a move could have serious consequences for African-Americans in such areas as government funding for social programs and in the redrawing of electoral districts based on demographic information.

He also said that it would create unnecessary confusion for people of mixed race. "People who have identified themselves as African-Americans would have to choose."

Letters to the editor...



Letters to the editor are welcome and highly encouraged. All letters must be signed with author's full name to be considered for publication and may be edited for style, brevity and libel. Submission is no guarantee of publication. Letters may be emailed to the Whalesong at JYWHALE, or dropped in our mailbox outside of our office in the Mourtant Building.


Stress from page #5...

ing your lack of perfection, or bringing up old failures. It is important to think instead of past successes and individual qualities, talents, and abilities.

Finally, you should remember not to put more pressure on yourself than is actually merited. A low grade, or even an F, is seldom a life and death matter. World peace, or the fate of endangered species, does not rest on test results.

Students looking for more information about stress and stress management can find information about meditation, visualization, and breathing and relaxation exercises at the Student Resource Center. Students who feel they need one-on-one help coping with stress can receive free counseling services at the Student Resource Center.


Also, Acupressure, acupuncture, massage therapy, and biofeedback training are available through businesses listed in the phone book under Stress Management Consultants.



VALENTINE'S
COFFEE HOUSE

WE'LL NURTURE YOUR TASTEBUDS
with fresh baked calzones, focaccia,
cookies, scones, brownies,
and all sorts of breads and salads.

Located in the historic Valentine Building
111 Seward Street, Juneau, 463-5144




Focal Point Books

**Metaphysical • Spiritual • Holistic
New & Used Books**

Lois Bates, Owner

174 S. Franklin, Ste. 212
Juneau, Alaska 99801

(907) 586-5889



R. Daniel MacLeod
Certified Public Accountant

8800 Glacier Highway, Suite 112
Juneau, Alaska 99801

Fax (907) 789-0959 (907) 789-1915

SHOP & Compare FITNESS!

Juneau's Health Clubs

(For UAS students with 3-8 credits)

> Fitness Plus > JRC	
Monthly Dues.....\$29	\$49
(Add \$100 to join Downtown)	
Aerobic Classes...No Extra Chg	\$40.50
Usage Hours.....	
Weekdays 6am-5pm	4:45am-3pm
8:30-10:30pm	8:45-10:30pm
Weekends Anytime	7:30am-2pm
	7:30-9:30pm
Equipment...Hammerstrength Cybex	
(Hammerstrength rated #1 over Cybex in Vertical Club Surveys)	

Why Pay More to Join Elsewhere?
If strength-training & aerobic exercise
at a Downtown location fit your needs...
FITNESS PLUS is your BEST CHOICE!
1248 GLACIER AVE. 586-6666



Metamorphosis from ice age to space age: snowshoes

A beginner's guide to the oldest form of winter transportation

By Dave Kiel
Whalesong Reporter

After being around for a couple of centuries, and remaining relatively unchanged, snowshoes are making a comeback.

A long-time form of reliable winter transportation in northern climates, snowshoes have been around since an innovative early tribesman got tired of wading through waist-deep snowdrifts. "Hey, I want to walk on top of snow! I need some really big feet." Voila. Snowshoes were born.

Decades passed, and snowshoes evolved slowly, but the materials they were constructed of remained unchanged. Composed of bent hardwood laced with rawhide, and tough leather bindings, classic wooden snowshoes have always been both beautiful and functional. But they have limitations.

Traditional wooden snowshoes are still widely available, and they come in a variety of shapes and sizes, but most tend to be larger than necessary, and somewhat ungainly. Moving efficiently across the snow requires a somewhat bowlegged stride reminiscent of someone trying to stretch out the crotch of a too-tight pair of jeans.

Enter the modern snowshoe. Constructed of high-tech aluminum alloys and plastics, today's snowshoes are light, quick, easy to use, and maintenance free. And your stride remains normal. But the best part is modern snowshoes are activity-specific. No matter what your choice of winter sports, there's a snowshoe made for you.

Got a snowboard, but can't afford a seasons worth of lift tickets? Maybe you're a runner who's tired of sharing Juneau's icy, slushy roads with rusty

Subaru's? Or a hiker who wants to enjoy the winter back country, but can't afford cross-country skis, boots, poles, and bindings? There's a snowshoe designed for each of these activities.

Maridon Boario, who works at the Foggy Mountain Shop on North Franklin Street, said that she thinks snowshoe use is Juneau is on the rise, but is still lagging behind the rest of the country.

"There has been a definite increase in snowshoe interest the last two years," she said. "But we haven't seen the booming interest that they've seen down south, especially among runners." She added that, considering the size of the running population in Juneau, that was kind of surprising.

No matter what your winter activity is, deciding which snowshoe to buy can be tricky, but you can pick the one that is right for you by answering three basic questions: How much do you weigh? What are your snow conditions like? And, what kind of terrain will you be using them on?

The more you weigh, the bigger



Showsnowing is a great way to explore the pristine environment of Southeast. (Photo courtesy of Dave Kiel)

Got a snowboard, but can't afford a seasons worth of lift tickets? Maybe you're a runner who's tired of sharing Juneau's icy, slushy roads with rusty Subaru's? Or a hiker who wants to enjoy the winter back country, but can't afford cross-country skis, boots, poles, and bindings? There's a snowshoe designed for each of these activities.

the snowshoes you're going to need, right? Well, sort of. As a general rule, larger people should buy larger snowshoes. But, if you're a smaller person who plans on a lot of overnight trips, the weight of your backpack should be added to your overall weight. You might consider buying a larger model.

Another thing to consider when making a decision are local snow conditions. Here in Juneau, our snow is generally, wet, heavy slop, about two-

degrees short of being rain, and once it hits the ground, it consolidates quickly. This means you need less surface area to keep you afloat. It would be just the opposite if we had Colorado-type conditions with deep, dry, and unconsolidated powder.

Most snowshoe manufacturers provide information on suggested weight ranges, snow conditions, and appropriate uses, for each of the models they produce.

The third and final criteria for deciding which snowshoe is best for you is terrain. The terrain you spend the most time on dictates what type of bindings you need. If you're a snowboarder or an ice climber who travels on steep, exposed terrain, you want a smaller snowshoe with mountaineering bindings. If you're a runner or casual hiker, you should stick with recreational bindings.

Bindings have two parts: The top, where your foot gets strapped in, and the bottom, where the "teeth" are. Usually made from durable aluminum alloys, figuring out how much "bite" you need is easy. Mountaineering bindings have a long, sharp, aggressive tooth pattern for extra grip on steep, radical terrain. Recreational bindings have short, comfortable, tooth patterns for moderate grip, on flatter, more gentle terrain.

Some snowshoes designed for running even come with insulated bind-

ings so you can wear normal running shoes inside. Many running models have an asymmetrical shape with a section "cut out" of the inside tail, so when jogging, you don't step on the opposite snowshoe.

High-quality snowshoes cost between \$150 and \$250. Lightweight, high-tech, reliable snowshoes might not be cheap, but they will last for years. And you don't have to worry about breaking a binding and getting stranded in the winter back country.

Okay, so you've got your new snowshoes and you're ready to hike, run, climb, and generally shred the surrounding slopes. What do you need to know? If you can walk, you can snowshoe, right? Yes and no.

First, don't expect to float effortlessly across the frozen landscape. You're going to sink a bit depending on snow conditions, and the effort required to lift your snowshoes and make rapid forward progress is more than most people realize.

Move methodically, and don't kill yourself the first time out. Snowshoeing uses some upper thigh muscles that are not normally used for walking or running. Avoid running a marathon or doing any serious "peak bagging" your first day out.

And always take care when traveling in the winter back country. If you're moving through avalanche-prone terrain, don't go alone. Make sure everyone in your party carries an avalanche transceiver and knows how to use it. And check the local avalanche forecast before you go. Calling 586-SNOW will give you a recorded message on local avalanche conditions from the Juneau Avalanche Forecast Office. If conditions are really dangerous, stay home.

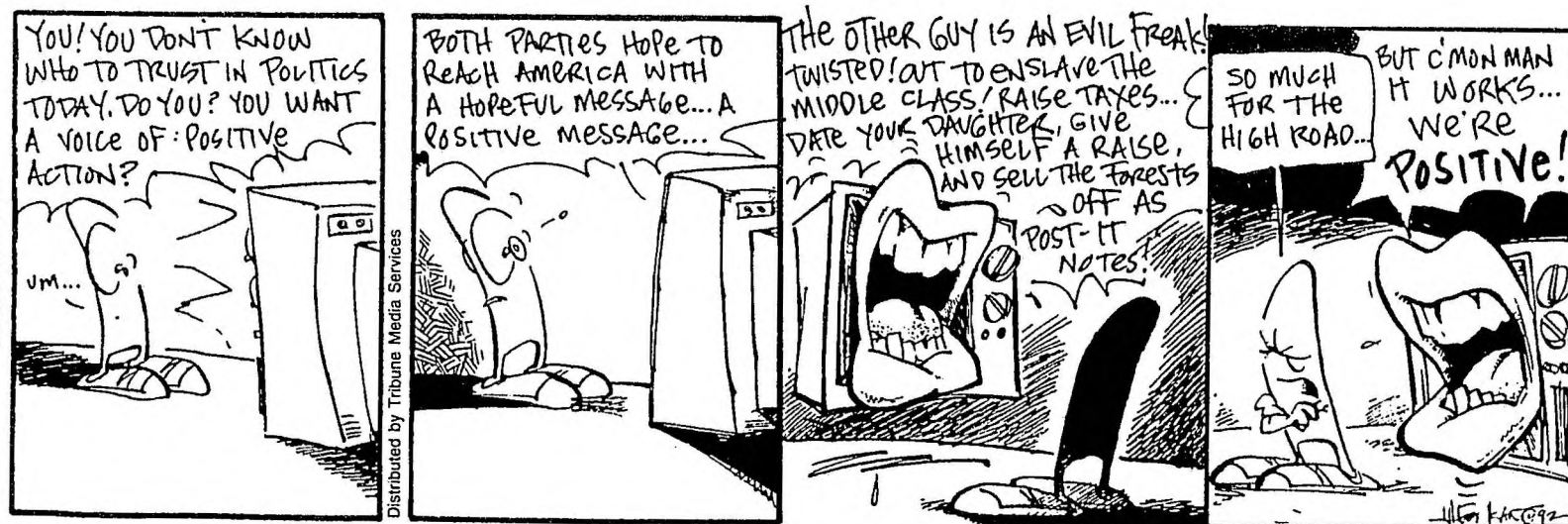
Not even Carl Lewis can outrun an avalanche wearing snowshoes.



Off to conquer the mountain! (Photo courtesy of Dave Kiel)

The Back Page

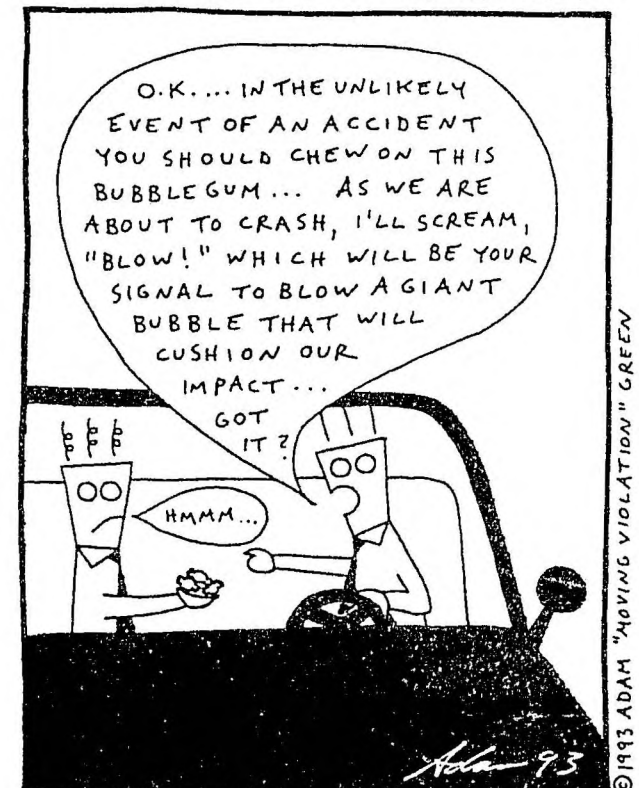
Wolfbane



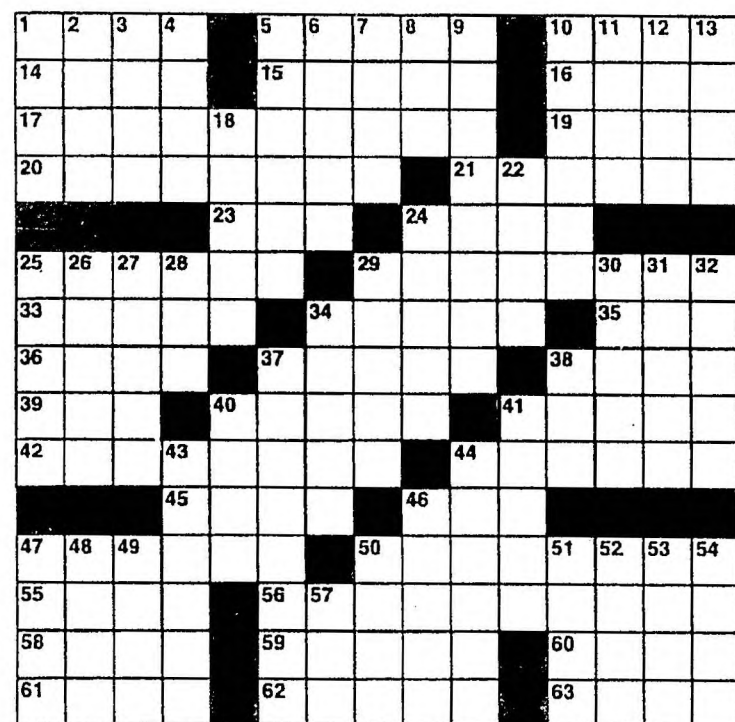
Spencer Green



THE POOR MAN'S AIR BAG



- ACROSS
- Scruff
 - Fast
 - Globe
 - Beasts of burden
 - Solo
 - Bread spread
 - Interpretations
 - Decays
 - Amaze
 - Most mature
 - Period
 - Paste
 - Keep
 - Angry disputes
 - Stadium
 - Flat-topped hill
 - By way of
 - Members of a play
 - Shut
 - Hindu princess
 - Superlative ending
 - Prompting considerable thought
 - Burdened
 - Answer
 - Best
 - Orient
 - Big —
 - CA city
 - Polaris
 - Catalogue
 - Not extreme
 - Major ending
 - Mistake
 - Alliance letters
 - Antlered animal
 - Play
 - Cupid

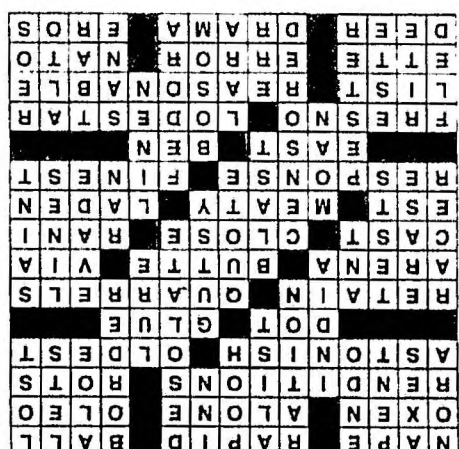


© 1995 Tribune Media Services, Inc. All rights reserved.

Solutions

- DOWN
- Mrs. Charles
 - Chopping tools
 - Confined
 - Within: pref.
 - Fixed portion
 - Tilting
 - "Winnie the —"
 - Traveler's stop
 - Forsaken
 - Rim
 - Succulent plant
 - Allows

- Mislaid
- New Delhi locale
- Entice
- Courageous
- Runner
- Wipe out
- Exams
- Formicary resident
- Cite for illustration
- Sidestep
- Rows
- Elmo's fire
- Explosion
- Deleted objectionable material
- Fled
- Lament
- Bedding
- Annoy
- Hat
- buddies
- Decamped
- Ceremony
- Noble Italian



- family
- Zhivago's love
- Lucid
- Ski lift
- Choir member
- Vintage cars
- Go astray

FOR WHAT ITS WORTH

S.J. BUFFINGTON

